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Meal Consumption Behavior

1991

Prepared by the
Research Department
National Restaurant Association
1200 Seventeenth Street, N.W.
Washington, DC 20036
(202) 331-5900

NATIONAL RESTAURANT ASSOCIATION

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Introduction

In order to answer the much-asked question, how often do people eat out, the National Restaurant Association conducted a mail consumer survey in May 1991 to collect information on individual meal consumption behavior. The results of this survey include information from 15,408 individuals 8 years old and older concerning where their meals were prepared and what meals were skipped. (For more detailed information regarding this survey, please see the section on survey methodology found on the next page.)

The information presented in this report supplements and expands upon information collected by CREST (Consumer Reports on Eating Share Trends) and the National Restaurant Association's Foodservice Market Measure, conducted by the Gallup Organization. CREST provides us with data on meals eaten away from home only, while Foodservice Market Measure records eating out behavior for individuals 18 years old and older. This survey allows us to focus on individual meal consumption behavior, both at home and away from home, for consumers 8 years old and older.

Survey methodology

In spring 1991, the National Restaurant Association commissioned HTI Research Inc. of the NPD Group, to survey individuals about where their meals were prepared and which meals, if any, were skipped during a seven-day period.

In May 1991, survey cards were mailed to a participating panel of 10,000 households. By June 7, 1991 (the official closing date), 7,120 households representing 15,408 individuals eight years old and older had returned the survey. The response rate was 71 percent.

Household members were asked to record information for the past seven days and for the five oldest household members, eight years old or older and living at home. Respondents recorded the number of meals prepared privately at home (or at a friends's home) prepared commercially (in a restaurant or school/work cafeteria) or skipped.

In 1981 and 1985 the association conducted similar surveys to determine meal consumption behavior among individuals age 8 and older. To insure comparability between the 1981, 1985 and 1991 surveys, the questionnaire and procedures developed in 1981 and 1985 were used in 1991 with only minor modifications. To insure comparability between the 1981, 1985 and 1991 data, the 1981 and 1985 data have been slightly re-weighted to reflect the improved data processing methodology used in the generation of the 1991 data.

User Notes

This publication includes many summary tables as well as more detailed descriptive statistics. In order to assist the reader, these tables have been grouped into six sections in the following manner:

Section 1: Meal Behavior: Individual characteristics--Includes information by meal occasion and place of preparation by age and sex.

Section 2: Meal Behavior: Household Characteristics--Includes information by meal occasion and place of preparation for individuals based on household characteristics, such as household size, income, race, employment status of the female head of household and region of residence.

Section 3: Meal Behavior: Trend Data--Includes information on overall meal consumption for 1981, 1985 and 1991 for place of preparation and meal period.

Section 4: Breakfast--Includes information for individual consumption of breakfast by place of preparation based on age, sex, and household characteristics.

Section 5: Lunch--Includes information for individual consumption of lunch by place of preparation based on age, sex and household characteristics.

Section 6: Dinner--Includes information for individual consumption of dinner by place of preparation based on age, sex and household characteristics.

Section 7: Appendix--Includes a copy of the survey questionnaire.

Please note that all data is based on seven meals consumed or skipped for each of the three meal periods--breakfast, lunch and dinner. All proportions and averages are based on seven meals for each period or 21 meals per week. Due to rounding, some averages may not add to seven or 21 (depending on whether the data is for meal period or for all meals) and some proportions may not add to 100, as noted on tables where these anomalies may occur. Readers who have any further questions concerning this survey information should contact the National Restaurant Association,Research and Information Service Department, 1200 17th Street, N.W., Washington, DC 20036, or call (202)331-5960.

Executive Summary

○ The typical person (eight years old or older) consumed an average of 3.8 meals per week away from home in 1991, down slightly from 3.9 in 1985 but up marginally from 3.7 in 1981.

○ Of all weekly meals consumed in 1991, 70.6 percent were prepared at home or at a friend's home, 18.3 percent were prepared at a restaurant or school/work cafeteria, and 11.1 percent were skipped.

○ Lunch was the meal most frequently consumed away from home. On average, individuals consumed 2.1 commercially prepared lunches, 1.2 commercially prepared dinners and 0.5 commercially prepared breakfasts in one week.

○ Nearly six out of 10 persons aged 8 or over consumed a commercially prepared lunch at least once in one week. More than half ate a commercially prepared dinner and one in five ate a commercially prepared breakfast at least once in one week.

○ Breakfast was the meal most often skipped by individuals 8 and over. On the average, consumers skipped 1.6 breakfasts a week, compared with 0.6 lunches and 0.1 dinners.

○ Men ate out more than women. Men consumed, on the average, 4.3 commercially prepared meals in one week compared with 3.6 for women. Women consumed more privately prepared meals--15.1 compared with 14.3 for men.

○ Young adults, aged 18 to 24, consumed more commercially prepared meals than older individuals, dining out an average of 5.1 times a week.

○ Adults 65 and over consumed the fewest commercially prepared meals--2.4 in one week.

○ Dining out increases with household income. Individuals living in households with an annual income of $75,000 or more ate out 4.9 times a week, compared with 3.1 times for individuals living in households with an income of under $15,000.

○ Households where the female household head was employed ate more meals away from home than households where the female head was not employed--4.3 compared with 3.0 in one week.

○ Blacks and individuals of Hispanic origin more commercially prepared meals than their white counterparts. Blacks consumed an average of 4.9 commercially prepared meals in one week, and those of Hispanic origin 4.2 meals a week compared with 3.9 for white individuals.

○ Individuals living in the East South Central states reported eating the most commercially prepared meals--an average of 4.2 meals per week. Individuals residing in New England ate the fewest commercially prepared meals--consuming on average 3.5 commercially prepared meals in one week.

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Section 1: Meal Consumption Behavior by Individual Characteristics

Meal Consumption Behavior by Individual Characteristics

HIGHLIGHTS

○ The average individual, 8 years old or older, ate 3.8 meals prepared away from home in a week in 1991. The average individual also consumed 14.8 meals prepared at home and skipped 2.3 meals in one week.

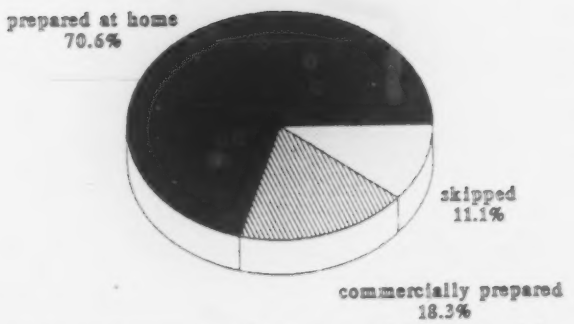
○ Men ate out more than women, consuming 4.3 commercially prepared meals versus 3.6 commercially prepared meals in one week. Although women consumed more privately prepared meals (15.1 versus 14.3 for men), both men and women skipped virtually the same number of meals--2.5 for men and 2.3 for women --in a week.

○ Young adults, aged 18 to 24 years old, consumed the most commercially prepared meals in a week--5.1. Consumption of commercially prepared meals then declines with age, falling to 2.4 for adults 65 and over.

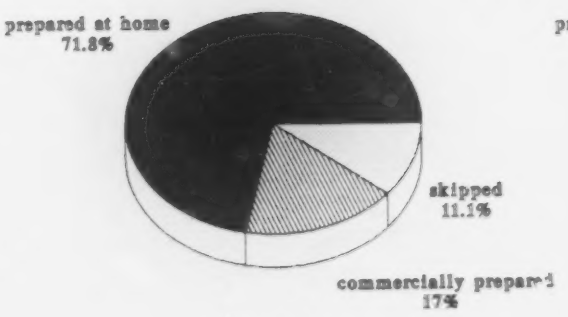
○ Lunch is the meal most commonly consumed away from home, as 56.8 percent of respondents ate at least one commercially prepared lunch in one week. This is higher than the 53.5 percent who reported eating at least one commercially prepared dinner and the 20.7 percent who reported eating at least one commercially prepared breakfast in one week.

○ Going out to lunch was a frequent occasion, whereas breakfast and dinner were less so in 1991. Almost one out of four (24.5 percent) of individuals ate a commercially prepared lunch between 5 and 7 times a week. Less than five percent reported going out for breakfast (4.4 percent) and dinner (4.9 percent) between 5 and 7 times in one week.

Distribution of meals by preparation site, 1991



total consumers 8 years old and older



females

males

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

WHERE MEALS ARE PREPARED BY MEAL PERIOD
Proportion who reported consumption in a one week period

	Privately prepared	Commercially prepared	Skipped
Breakfast			
At least once	84.4%	20.7%	33.4%
1 to 2 times	11.0	13.1	7.5
3 to 4 times	7.6	3.2	6.2
5 to 7 times	65.8	4.4	19.7
None	15.6	79.3	66.6
Lunch			
At least once	85.8%	56.8%	19.2%
1 to 2 times	19.2	21.6	10.0
3 to 4 times	12.0	10.6	3.9
5 to 7 times	54.6	24.5	5.4
None	14.2	43.2	80.8
Dinner			
At least once	97.4%	53.5%	6.3%
1 to 2 times	4.1	37.0	4.5
3 to 4 times	12.6	11.6	1.0
5 to 7 times	80.7	4.9	0.8
None	2.6	46.5	93.7%

Note: percentages may not add to 100 due to rounding

Proportion reporting frequency of consuming privately prepared meals in a week by meal occasion and sex

	Males	Females
Breakfast		
At least once	82.8%	85.3%
1 to 2 times	12.7	10.3
3 to 4 times	7.9	7.6
5 to 7 times	62.2	67.5
None	17.2	14.7
Lunch		
At least once	83.6%	87.5%
1 to 2 times	21.9	17.6
3 to 4 times	11.5	13.1
5 to 7 times	50.3	56.8
None	16.4	12.5
Dinner		
At least once	97.1%	97.7%
1 to 2 times	4.7	3.6
3 to 4 times	13.1	12.9
5 to 7 times	79.4	81.1
None	2.9	2.3

Note: percentages may not add to 100 due to rounding

Proportion reporting frequency of consuming commercially prepared meals in a week by meal occasion and sex

	Males	Females
Breakfast		
At least once	23.1%	19.4%
1 to 2 times	13.8	12.9
3 to 4 times	3.7	3.0
5 to 7 times	5.5	3.5
None	76.9	80.6
Lunch		
At least once	59.9%	56.3%
1 to 2 times	20.1	23.8
3 to 4 times	10.7	11.2
5 to 7 times	29.1	21.2
None	40.1	43.7
Dinner		
At least once	55.3%	53.4%
1 to 2 times	37.3	37.6
3 to 4 times	12.3	11.7
5 to 7 times	5.8	4.0
None	44.7	46.6

Note: percentages may not add to 100 due to rounding

Proportion reporting frequency of skipping meals in a week by meal occasion and sex

	Males	Females
Breakfast		
At least once	35.7%	33.1%
1 to 2 times	7.8	7.6
3 to 4 times	6.4	6.5
5 to 7 times	21.5	19.1
None	64.3	66.9
Lunch		
At least once	19.2%	19.9%
1 to 2 times	9.9	10.6
3 to 4 times	3.8	4.2
5 to 7 times	5.5	5.1
None	80.8	80.1
Dinner		
At least once	6.1%	6.8%
1 to 2 times	4.4	4.8
3 to 4 times	0.9	1.1
5 to 7 times	0.7	0.9
None	93.9	93.2

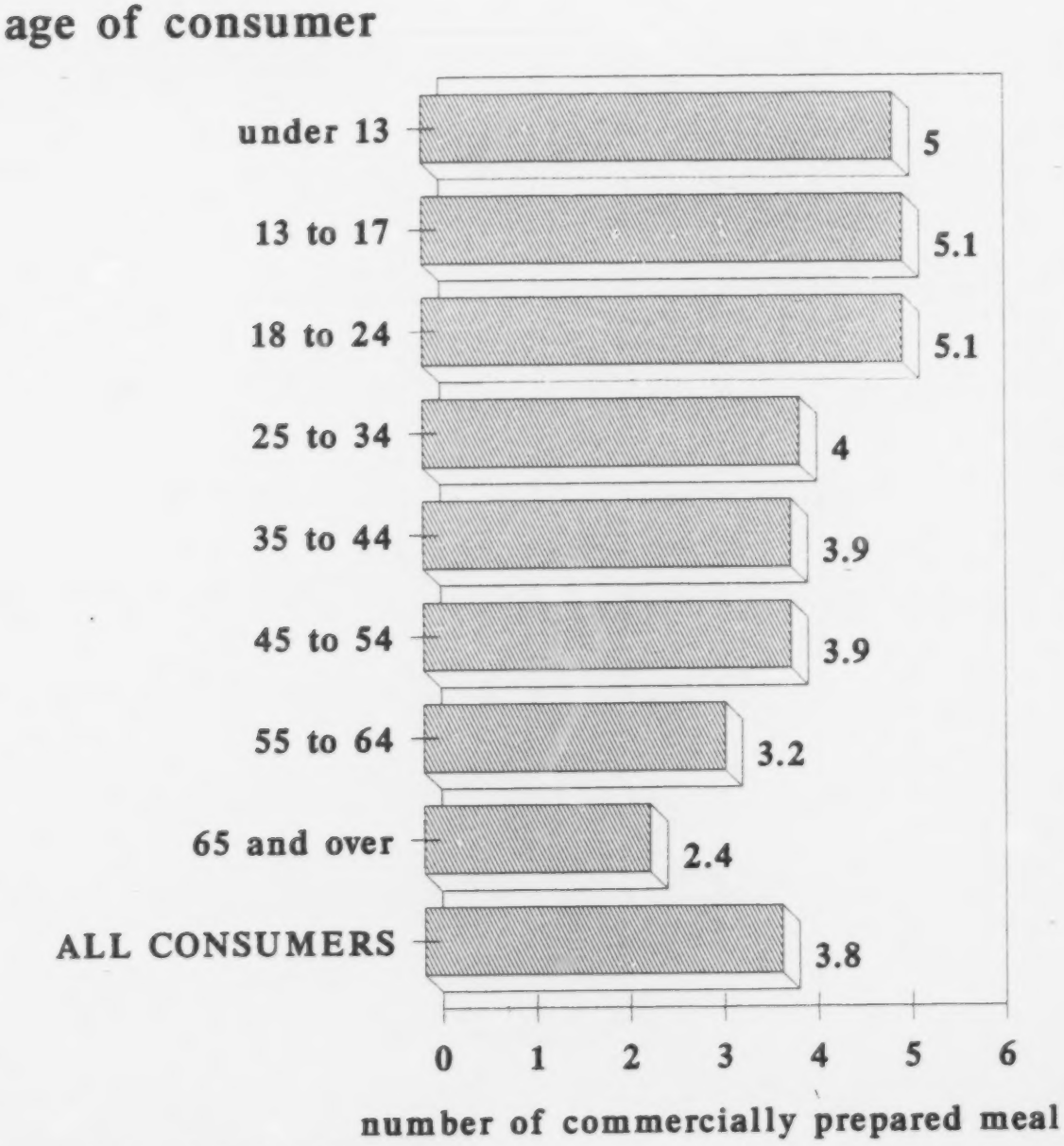
Note: percentages may not add to 100 due to rounding

Mean* weekly meals by meal, place of preparation and sex

	All respondents	All males	All females
Breakfast			
Prepared privately	4.9	4.7	5.0
Prepared commercially	0.5	0.6	0.5
Skipped	1.6	1.7	1.6
Lunch			
Prepared privately	4.3	4.0	4.4
Prepared commercially	2.1	2.3	1.9
Skipped	0.6	0.6	0.6
Dinner			
Prepared privately	5.7	5.6	5.7
Prepared commercially	1.2	1.3	1.2
Skipped	0.1	0.1	0.2
Total Meals			
Prepared privately	14.9	14.3	15.1
Prepared commercially	3.8	4.3	3.6
Skipped	2.3	2.5	2.3

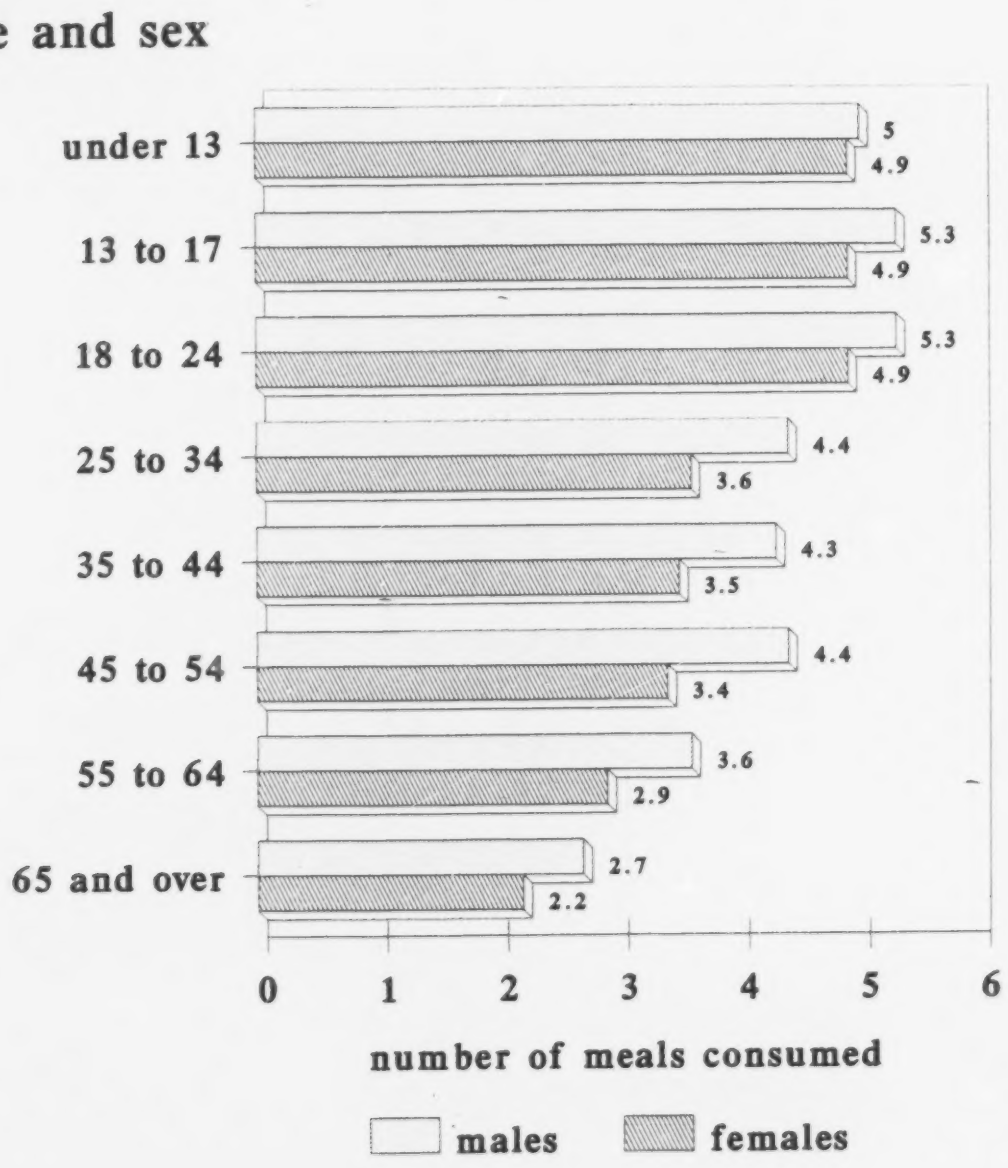
*components may not add to total due to rounding

Average number of commercially prepared meals consumed in one week, by age



Source: National Restaurant Association,
Meal Consumption Behavior, 1991

Average number of commercially prepared meals consumed in a week by age and sex



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Frequency of consuming privately prepared meals by meal and age

	under 13	13-17	18-24	25-34	35-44	45-54	55-64	65 and over
Breakfast								
At least once	96.4%	90.0%	77.7%	78.6%	79.3%	79.5%	87.8%	93.2%
1 to 2 times	7.4	7.9	14.0	16.5	15.7	14.1	5.9	2.6
3 to 4 times	3.6	8.7	12.6	19.4	8.7	6.7	7.1	3.6
5 to 7 times	85.4	73.4	51.1	51.9	54.9	58.8	74.8	87.0
None	3.6	10.0	22.3	21.4	20.7	20.5	12.2	6.8
Lunch								
At least once	87.1%	79.9%	82.0%	85.6%	82.5%	84.1%	89.0%	92.9%
1 to 2 times	44.0	43.4	21.7	16.9	18.6	17.9	10.2	4.6
3 to 4 times	7.4	5.4	14.4	16.4	14.2	11.8	10.9	10.3
5 to 7 times	35.7	31.1	45.8	52.3	49.7	54.4	67.9	78.0
None	12.9	20.1	18.0	14.4	17.5	15.9	11.0	7.1
Dinner								
At least once	99.3%	99.1%	93.9%	97.8%	97.9%	96.7%	97.4%	96.7%
1 to 2 times	1.1	2.6	7.2	5.6	4.1	5.2	3.7	2.3
3 to 4 times	7.3	12.2	17.6	14.3	14.6	13.0	13.7	9.7
5 to 7 times	90.9	84.2	69.1	77.9	79.1	78.5	80.0	84.7
None	0.7	0.9	6.1	2.2	2.1	3.3	2.6	3.3

Note: percentages may not add to 100 due to rounding

Frequency of consuming commercially prepared meals by meal and age

	under 13	13-17	18-24	25-34	35-44	45-54	55-64	65 and over
Breakfast								
At least once	15.9%	14.6%	24.4%	23.1%	23.1%	23.9%	23.4%	16.5%
1 to 2 times	6.8	8.8	12.5	15.2	15.5	16.0	15.7	10.9
3 to 4 times	1.6	2.1	4.7	4.0	3.3	3.5	4.3	2.6
5 to 7 times	7.5	3.6	7.3	4.0	4.2	4.4	3.4	3.1
None	84.1	85.4	75.6	76.9	76.9	76.1	76.6	83.5
Lunch								
At least once	78.0%	75.1%	64.1%	61.1%	59.7%	55.3%	46.6%	36.6%
1 to 2 times	14.8	9.3	18.6	26.1	24.9	22.9	24.9	22.6
3 to 4 times	6.8	6.6	14.0	14.2	12.5	11.0	10.0	7.6
5 to 7 times	56.4	59.2	31.5	20.7	22.2	21.4	11.7	6.4
None	22.0	24.9	35.9	38.9	40.3	44.7	53.4	63.4
Dinner								
At least once	45.7%	49.6%	59.8%	59.0%	57.4%	58.2%	55.0%	44.3%
1 to 2 times	36.8	34.8	33.6	40.2	40.7	40.3	37.1	31.0
3 to 4 times	7.3	12.1	16.1	13.4	12.4	11.5	13.6	8.9
5 to 7 times	1.6	2.7	10.1	5.3	4.3	6.4	4.3	4.4
None	54.3	50.4	40.2	41.0	42.6	41.8	45.0	55.7

Note: percentages may not add to 100 due to rounding

Frequency of skipping meals by meal and age

	under 13	13-17	18-24	25-34	35-44	45-54	55-64	65 and over
Breakfast								
At least once	9.6%	27.8%	46.6%	50.6%	46.0%	39.5%	23.5%	9.4%
1 to 2 times	4.7	7.5	11.5	10.7	9.3	6.8	6.5	2.2
3 to 4 times	1.9	7.2	9.4	10.5	7.9	5.6	4.1	1.5
5 to 7 times	3.0	13.1	25.7	29.4	28.8	27.1	12.9	5.7
None	90.4	72.2	53.4	49.4	54.0	60.5	76.5	90.6
Lunch								
At least once	3.2%	9.8%	21.1%	25.5%	27.3%	25.9%	17.7%	10.8%
1 to 2 times	2.6	6.1	13.5	14.6	13.1	13.6	8.0	3.9
3 to 4 times	0.3	1.5	3.5	5.2	6.1	5.0	3.6	3.1
5 to 7 times	0.3	2.3	4.1	5.7	8.1	7.4	6.1	4.3
None	96.8	90.2	78.9	74.5	72.6	74.1	82.3	89.2
Dinner								
At least once	1.3%	3.1%	10.4%	9.1%	8.2%	7.0%	5.4%	3.3%
1 to 2 times	1.2	2.4	6.9	6.7	6.0	5.0	3.8	1.7
3 to 4 times	0.0	0.5	2.3	1.5	1.1	0.9	0.7	0.8
5 to 7 times	0.1	0.1	1.2	0.9	1.1	1.1	0.8	0.7
None	98.7	96.9	89.6	90.9	91.8	93.0	94.6	96.7

Note: percentages may not add to 100 due to rounding

Proportion who reported consuming privately prepared meal at least once during the week, by age, sex and meal

	Breakfast		Lunch		Dinner	
	Males	Females	Males	Females	Males	Females
Age						
under 13	96.2%	96.5%	87.1%	87.0%	99.1%	99.5%
13 to 17	91.6	88.3	80.7	79.0	98.8	99.4
18 to 24	75.9	79.4	80.8	83.2	93.5	94.3
25 to 34	76.1	80.8	82.7	88.3	97.5	98.1
35 to 44	76.5	82.0	79.8	85.1	97.6	98.2
45 to 54	78.5	80.5	80.4	87.4	96.2	97.1
55 to 64	87.2	88.4	88.3	89.6	96.9	97.9
65 and over	93.0	93.4	91.0	94.4	96.6	96.8

Proportion who reported consuming commercially prepared meal at least once during the week, by age, sex and meal

	Breakfast		Lunch		Dinner	
	Males	Females	Males	Females	Males	Females
Age						
under 13	15.3%	16.5%	79.2%	76.7%	46.8%	44.4%
13 to 17	15.6	13.4	76.9	73.1	46.6	53.0
18 to 24	25.6	23.3	64.6	63.5	59.7	59.8
25 to 34	24.7	21.8	63.2	59.1	60.4	57.6
35 to 44	25.2	21.0	60.9	58.6	57.2	57.6
45 to 54	26.8	21.2	57.9	52.9	59.9	56.6
55 to 64	26.6	20.5	48.7	44.7	56.2	54.0
65 and over	19.9	13.8	36.2	37.0	48.2	41.1

Proportion who reported skipping a meal at least once during the week, by age, sex and meal

	Breakfast		Lunch		Dinner	
	Males	Females	Males	Females	Males	Females
Age						
under 13	8.9%	10.3%	2.6%	3.7%	1.4%	1.2%
13 to 17	24.0	31.9	7.6	12.2	3.5	2.6
18 to 24	46.8	46.3	21.3	20.9	10.5	10.3
25 to 34	53.6	47.9	24.2	26.8	7.9	10.1
35 to 44	50.3	41.9	27.0	27.8	7.3	9.0
45 to 54	42.7	36.6	27.7	24.4	6.9	7.1
55 to 64	22.7	24.3	17.3	18.0	5.7	5.1
65 and over	7.9	10.7	11.6	10.2	2.8	3.7

Mean number of privately prepared meals consumed in one week by age, sex and meal period

	Breakfast		Lunch		Dinner		Total*	
	Males	Females	Males	Females	Males	Females	Males	Females
Age								
under 13	6.2	6.1	3.3	3.5	6.1	6.2	15.6	15.7
13 to 17	5.5	5.2	3.0	3.1	5.9	5.9	14.4	14.2
18 to 24	4.0	4.2	3.7	3.9	5.0	5.1	12.7	13.3
25 to 34	3.8	4.3	4.0	4.3	5.4	5.6	13.2	14.2
35 to 44	3.9	4.5	3.8	4.2	5.6	5.6	13.2	14.3
45 to 54	4.2	4.6	3.9	4.6	5.4	5.6	13.4	14.8
55 to 64	5.3	5.4	4.8	5.1	5.6	5.7	15.6	16.2
65 and over	6.1	6.2	5.5	5.7	5.8	6.0	17.3	17.8

Mean number of commercially prepared meals consumed in one week by age, sex and meal period

	Breakfast		Lunch		Dinner		Total*	
	Males	Females	Males	Females	Males	Females	Males	Females
Age								
under 13	0.5	0.6	3.7	3.5	0.8	0.8	5.0	4.9
13 to 17	0.4	0.4	3.9	3.5	1.0	1.1	5.3	4.9
18 to 24	0.9	0.7	2.7	2.5	1.7	1.6	5.3	4.9
25 to 34	0.6	0.5	2.3	1.9	1.4	1.2	4.4	3.6
35 to 44	0.7	0.5	2.3	1.9	1.3	1.2	4.3	3.5
45 to 54	0.7	0.5	2.2	1.7	1.4	1.3	4.4	3.4
55 to 64	0.7	0.4	1.6	1.3	1.3	1.2	3.6	2.9
65 and over	0.6	0.3	1.0	0.9	1.1	0.9	2.7	2.2

Mean number of meals skipped in one week by age, sex and meal period

	Breakfast		Lunch		Dinner		Total*	
	Males	Females	Males	Females	Males	Females	Males	Females
Age								
under 13	0.3	0.4	0.0	0.1	0.0	0.0	0.4	0.5
13 to 17	1.0	1.4	0.2	0.4	0.1	0.1	1.3	1.9
18 to 24	2.2	2.1	0.6	0.6	0.3	0.2	3.1	2.9
25 to 34	2.6	2.2	0.7	0.8	0.2	0.2	3.4	3.2
35 to 44	2.5	2.0	0.9	0.9	0.2	0.2	3.5	3.1
45 to 54	2.1	1.9	0.9	0.8	0.2	0.2	3.2	2.8
55 to 64	1.0	1.1	0.6	0.7	0.1	0.1	1.8	1.9
65 and over	0.4	0.5	0.5	0.4	0.1	0.1	1.0	1.0

*components may not add to total due to rounding

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Section 2: Meal Consumption Behavior by Household Characteristics

Meal Consumption Behavior by Household Characteristics

HIGHLIGHTS

○ Consumption of commercially prepared meals increased with income. Individuals living in households with annual income below $15,000 consumed an average of 3.1 commercially prepared meals per week, while individuals living in households with annual income of $75,000 or more consumed an average of 4.9 commercially prepared meals in one week.

○ Individuals living in households with annual income below $15,000 consumed the largest number of privately prepared meals (15.8 per week), while those living in household with income between $25,000 and $34,999 skipped the most meals (2.6 per week).

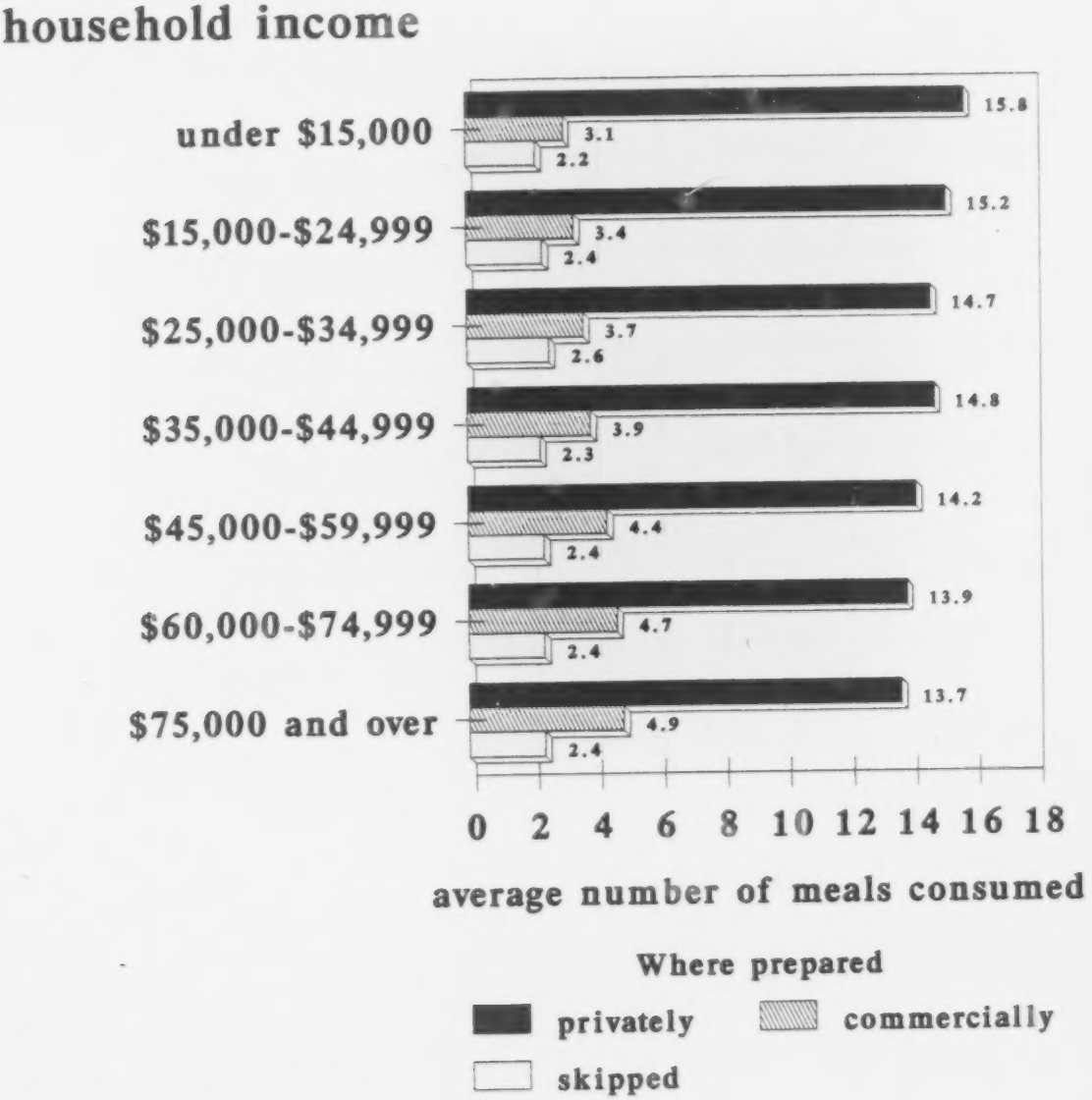
○ People living in two person households consumed the largest number of privately prepared meals in one week (15.3) while individuals living in the largest households (4 or more persons) consumed, on the average, the largest number of commercially prepared meals in one week (4.0). Persons living alone and in three person households skipped the most meals in one week--2.6.

○ Female household head employment status had an effect on meal consumption behavior. Individuals living in households where the female head was employed consumed, on the average, fewer privately prepared meals (14.1 versus 16.3), more commercially prepared meals (4.3 versus 3.0), and skipped more meals (2.6 versus 1.7) than individuals living in households where the female head was not employed.

○ Residents of the New England states, on the average, consumed more privately prepared meals than residents of other areas--15.5. Residents of the East South Central region consumed the most commercially prepared meals in one week--4.2. Residents of the South Atlantic states skipped the most meals in a week--2.5.

○ Meal consumption behavior varies greatly by race. White individuals consumed, on the average, the largest number of privately prepared meals in one week--14.9. Black individuals consumed the largest number of commercially prepared meals (4.9) and skipped the largest number of meals (2.8) in one week.

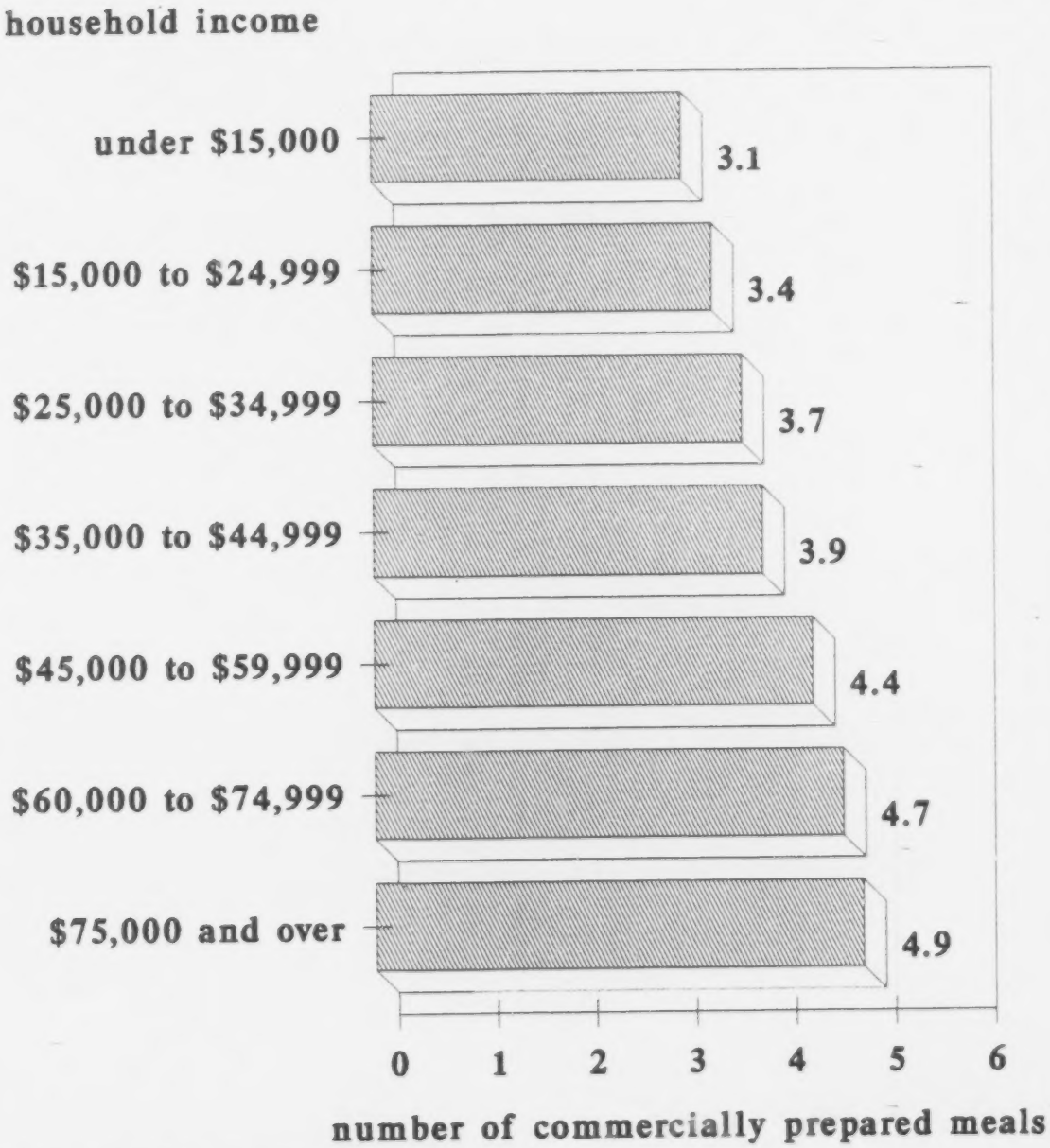
Average number*of meals consumed by preparation site and household income



*in one week

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Average number of commercially prepared meals consumed in a week, by income



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Frequency of consuming privately prepared meals by meal period and household income

	under $15,000	$15,000-24,999	$25,000-34,999	$35,000-44,999	$45,000-59,999	$60,000-74,999	$75,000 and over
Breakfast							
At least once	85.0%	85.4%	83.9%	85.7%	82.5%	83.0%	84.0%
1 to 2 times	10.0	10.5	12.6	10.9	10.3	11.4	12.3
3 to 4 times	6.9	7.4	8.0	8.2	8.3	7.1	6.5
5 to 7 times	68.1	67.4	63.3	66.5	63.9	64.5	65.3
None	15.0	14.6	16.1	14.3	17.5	17.0	16.0
Lunch							
At least once	87.0%	86.7%	86.5%	87.7%	84.0%	83.2%	81.7%
1 to 2 times	14.4	16.7	18.7	20.2	22.1	24.6	25.2
3 to 4 times	10.3	12.3	11.2	13.0	12.8	14.0	12.0
5 to 7 times	62.4	57.6	56.6	54.5	49.1	44.6	44.6
None	13.0	13.3	13.5	12.3	16.0	16.8	18.3
Dinner							
At least once	97.2%	97.5%	97.3%	97.8%	97.1%	98.1%	97.0%
1 to 2 times	3.1	3.4	4.6	4.2	4.9	4.1	5.8
3 to 4 times	8.2	11.4	12.0	12.4	15.2	18.5	18.0
5 to 7 times	85.8	82.7	80.6	81.3	77.2	75.4	73.3
None	2.8	2.5	2.7	2.2	2.9	1.9	3.0

Note: components may not add to 100 due to rounding

Frequency of consuming commercially prepared meals by meal period and household income

	under $15,000	$15,000-24,999	$25,000-34,999	$35,000-44,999	$45,000-59,999	$60,000-74,999	$75,000 and over
Breakfast							
At least once	19.2%	19.7%	20.0%	20.0%	21.9%	24.8%	24.0%
1 to 2 times	10.9	13.0	13.5	12.7	14.3	15.4	14.7
3 to 4 times	3.0	3.2	2.5	3.6	3.3	4.7	3.9
5 to 7 times	5.3	3.6	3.9	3.7	4.4	4.6	5.5
None	80.8	80.3	80.0	80.0	78.1	75.2	76.0
Lunch							
At least once	45.7%	53.9%	55.9%	59.2%	64.1%	65.9%	66.8%
1 to 2 times	17.6	22.7	24.0	24.0	22.1	20.1	22.6
3 to 4 times	8.0	10.2	9.6	11.2	12.5	14.4	12.6
5 to 7 times	20.2	21.0	22.3	24.0	29.5	31.5	31.6
None	54.3	46.1	44.1	40.8	35.9	34.1	33.2
Dinner							
At least once	36.6%	49.2%	55.2%	59.9%	60.0%	65.7%	69.2%
1 to 2 times	25.8	34.9	39.2	43.1	39.4	43.0	45.7
3 to 4 times	7.4	10.3	11.0	11.6	14.1	18.1	16.1
5 to 7 times	3.5	3.9	5.0	5.2	6.7	4.7	7.3
None	63.4	50.8	44.8	40.1	40.0	34.3	30.8

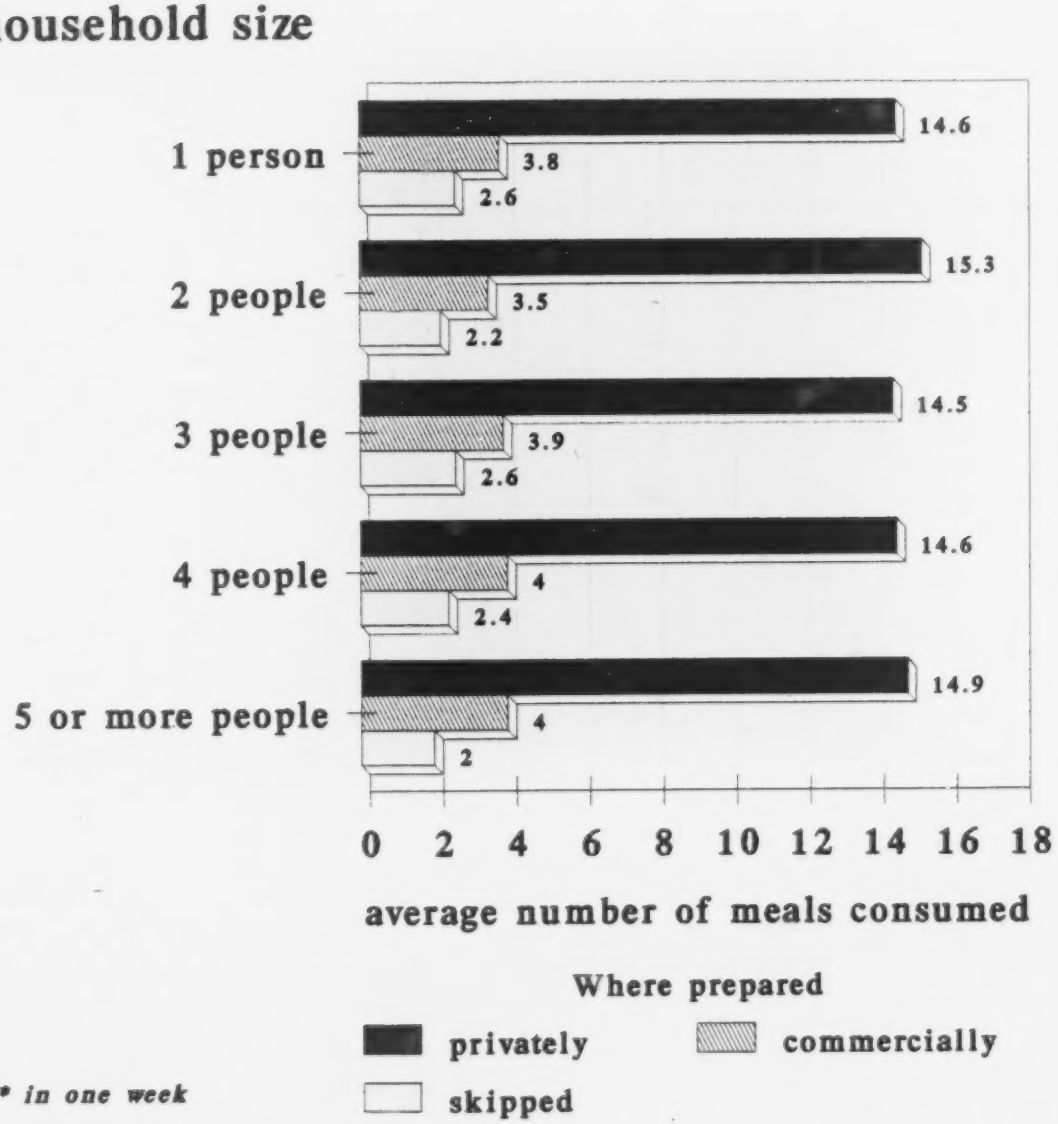
Note: components may not add to 100 due to rounding

Frequency of skipping meals by meal period and household income

	under $15,000	$15,000-24,999	$25,000-34,999	$35,000-44,999	$45,000-59,999	$60,000-74,999	$75,000 and over
Breakfast							
At least once	29.5%	32.5%	37.3%	33.6%	34.7%	35.3%	33.5%
1 to 2 times	6.6	6.8	8.1	8.1	7.1	9.3	8.2
3 to 4 times	5.8	6.5	7.1	6.3	6.3	5.5	5.4
5 to 7 times	17.3	19.2	22.0	19.2	21.3	20.5	19.9
None	70.5	67.5	62.7	66.4	65.3	64.7	66.5
Lunch							
At least once	15.9%	19.6%	20.1%	19.9%	18.5%	21.4%	23.4%
1 to 2 times	7.3	10.1	10.0	10.8	10.3	12.5	12.5
3 to 4 times	3.4	3.9	3.9	4.4	3.6	3.8	5.1
5 to 7 times	5.3	5.6	6.2	4.6	4.7	5.1	5.9
None	84.1	80.4	79.9	80.1	81.5	78.6	76.6
Dinner							
At least once	6.2%	6.5%	6.5%	5.5%	6.5%	6.0%	6.9%
1 to 2 times	3.5	4.6	4.0	4.3	5.4	4.7	5.8
3 to 4 times	1.3	0.8	1.4	0.9	0.7	1.1	0.8
5 to 7 times	1.4	1.2	1.1	0.4	0.5	0.2	0.2
None	93.8	93.5	93.5	94.5	93.5	94.0	93.1

Note: components may not add to 100 due to rounding

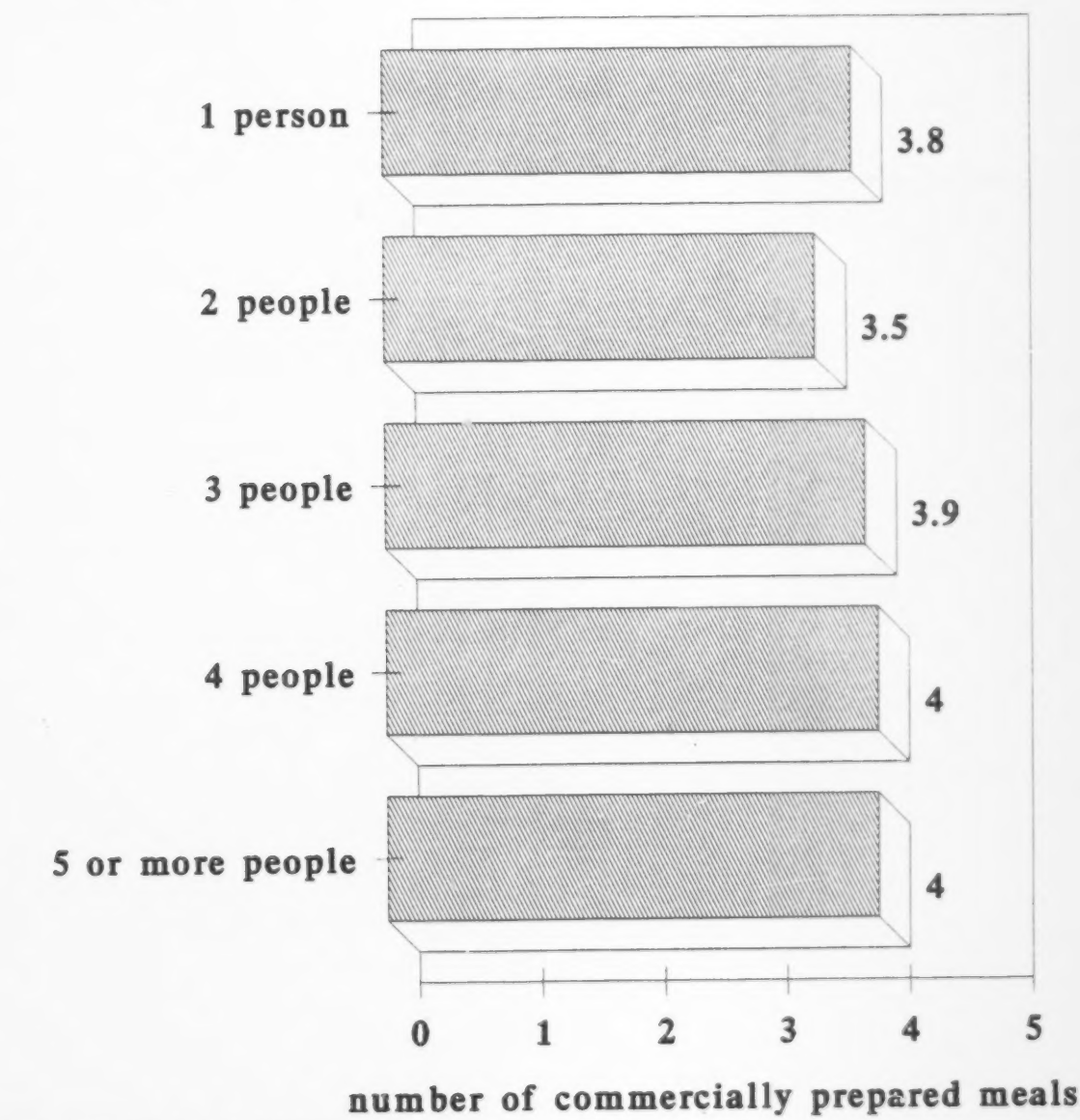
Average number*of meals consumed by preparation site and household size



* *in one week*

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Average number of commercially prepared meals consumed in a week by household size



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Frequency of consuming privately prepared meals by meal period and household size

	One person	Two people	Three people	Four people	Five or more people
Breakfast					
At least once	83.1%	85.8%	83.0%	83.9%	85.1%
1 to 2 times	10.8	9.0	13.0	12.4	10.2
3 to 4 times	7.4	7.2	8.1	7.8	7.3
5 to 7 times	65.0	69.7	61.8	63.7	67.5
None	16.9	14.2	17.0	16.1	14.9
Lunch					
At least once	85.1%	86.9%	85.8%	85.5%	85.0%
1 to 2 times	14.3	12.2	18.9	23.4	28.3
3 to 4 times	13.8	12.0	13.1	11.9	9.4
5 to 7 times	57.0	62.7	53.7	50.2	47.3
None	14.9	13.1	14.2	14.5	15.0
Dinner					
At least once	95.5%	97.0%	97.6%	98.0%	98.3%
1 to 2 times	6.8	4.4	4.5	3.2	2.7
3 to 4 times	15.1	14.8	13.0	11.2	8.7
5 to 7 times	73.6	77.8	80.2	83.6	86.9
None	4.5	3.0	2.4	2.0	1.7

Note: components may not add to 100 due to rounding

Frequency of consuming commercially prepared meals by meal period and household size

	One person	Two people	Three people	Four people	Five or more people
Breakfast					
At least once	23.1%	22.5%	21.6%	18.8%	17.8%
1 to 2 times	15.0	15.1	13.9	11.5	9.6
3 to 4 times	3.8	3.7	3.8	3.0	2.3
5 to 7 times	4.4	3.7	3.9	4.3	5.9
None	76.9	77.5	78.4	81.2	82.2
Lunch					
At least once	52.8%	50.7%	57.6%	62.0%	61.8%
1 to 2 times	22.1	24.3	21.6	21.5	17.6
3 to 4 times	12.4	10.6	11.4	10.9	8.4
5 to 7 times	18.4	15.9	24.5	29.5	35.8
None	47.2	49.3	42.4	38.0	38.2
Dinner					
At least once	51.5%	56.3%	57.1%	55.5%	44.3%
1 to 2 times	30.0	37.2	40.2	41.1	32.9
3 to 4 times	14.0	13.6	11.9	10.5	8.0
5 to 7 times	7.6	5.4	5.0	3.9	3.4
None	48.5	43.7	42.9	44.5	55.7

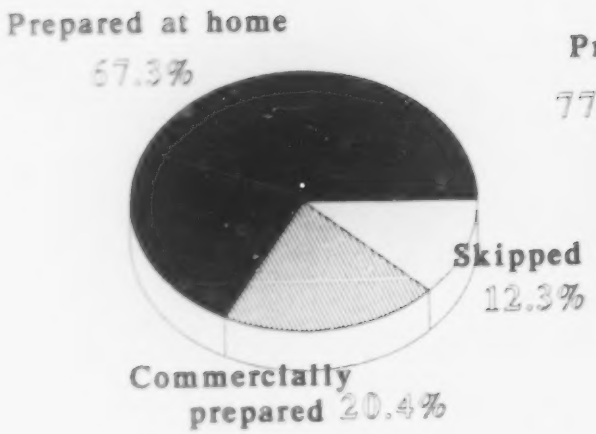
Note: components may not add to 100 due to rounding

Frequency of skipping meals by meal period and household size

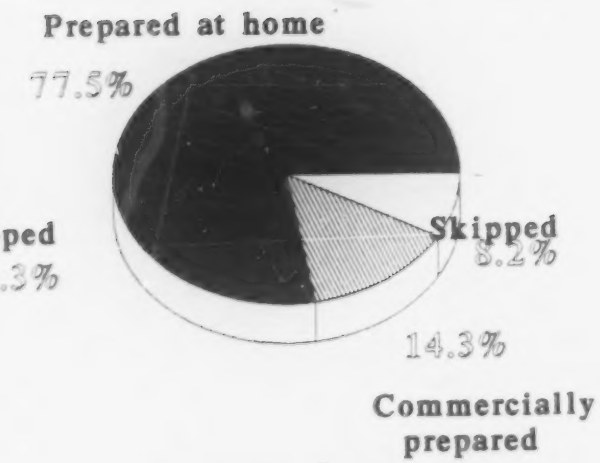
	One person	Two people	Three people	Four people	Five or more people
Breakfast					
At least once	35.0%	29.9%	37.7%	36.0%	30.1%
1 to 2 times	8.7	7.3	7.9	7.6	6.4
3 to 4 times	6.4	5.7	6.8	6.3	6.1
5 to 7 times	20.0	16.9	23.2	22.0	17.7
None	65.0	70.1	62.3	64.0	69.9
Lunch					
At least once	24.3%	19.5%	20.0%	18.6%	15.0%
1 to 2 times	12.8	9.6	11.3	10.1	7.1
3 to 4 times	5.4	4.0	3.3	3.8	3.4
5 to 7 times	6.1	5.9	5.5	4.8	4.5
None	75.7	80.5	80.0	81.4	85.0
Dinner					
At least once	11.3%	6.2%	7.1%	4.8%	4.1%
1 to 2 times	7.8	4.1	5.4	3.5	2.8
3 to 4 times	2.1	1.2	0.6	0.8	0.7
5 to 7 times	1.4	1.0	1.1	0.5	0.6
None	88.7	93.8	92.9	95.2	95.9

Note: components may not add to 100 due to rounding

Distribution of meals by preparation site, by employment of female household head



Female household head employed

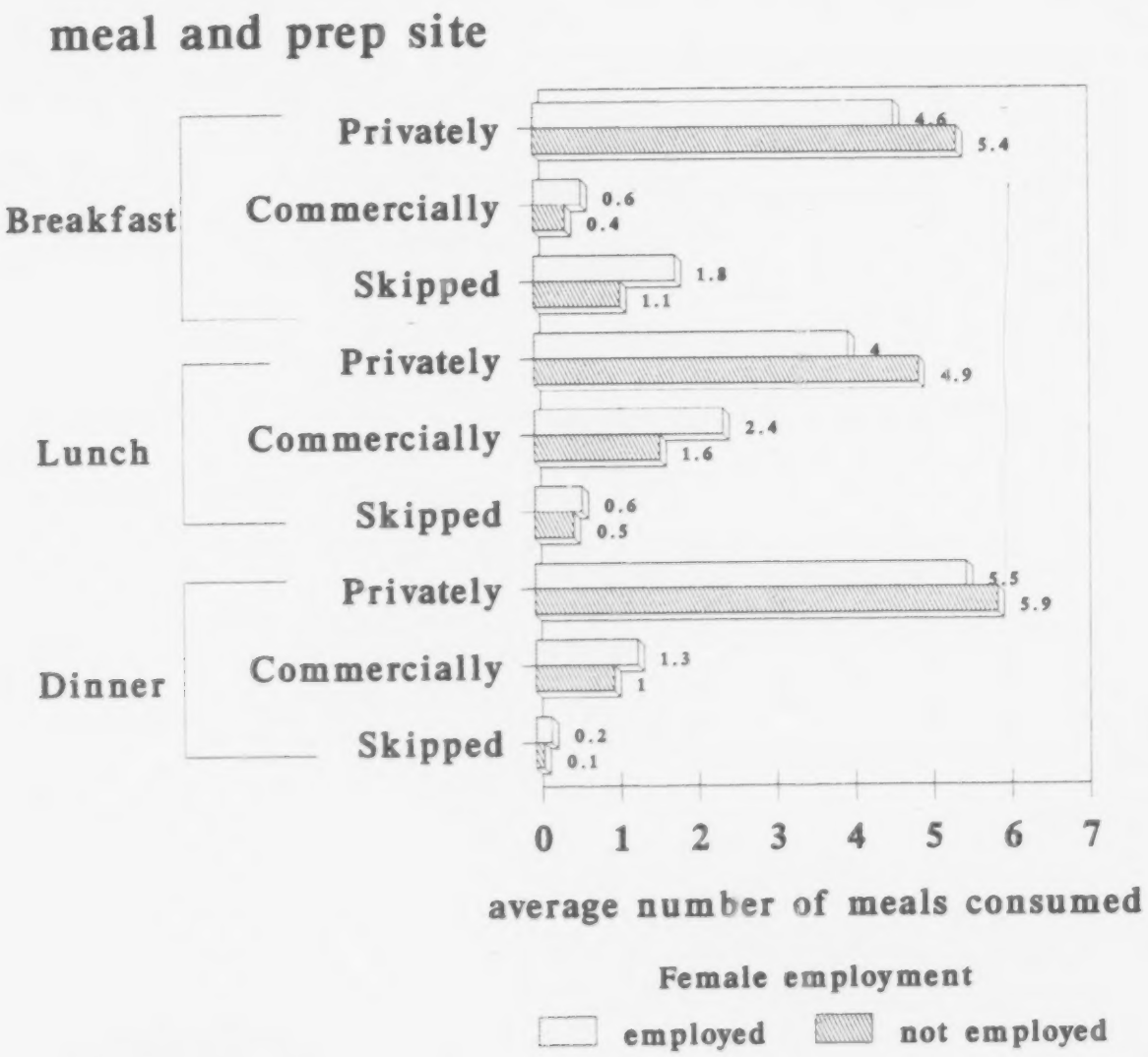


Female household head not employed

*distribution of meals for entire household

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Average number*of meals consumed by preparation site and female employment**



** in one week*
*** female head of household*

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Frequency of consuming privately prepared meals by meal period and female household head employment status

	Female employed	Female not employed
Breakfast		
At least once	82.8%	88.8%
1 to 2 times	13.0	7.4
3 to 4 times	8.1	6.5
5 to 7 times	61.8	74.8
None	17.2	11.2
Lunch		
At least once	84.5%	89.8%
1 to 2 times	23.0	13.8
3 to 4 times	12.8	10.6
5 to 7 times	48.6	65.5
None	15.5	10.2
Dinner		
At least once	97.3%	98.2%
1 to 2 times	4.5	2.9
3 to 4 times	14.0	9.5
5 to 7 times	78.9	85.7
None	2.7	1.8

Note: Components may not add to 100 due to rounding

Frequency of consuming commercially prepared meals by meal period and female household head employment status

	Female employed	Female not employed
Breakfast		
At least once	22.5%	16.6%
1 to 2 times	14.3	10.3
3 to 4 times	3.4	2.9
5 to 7 times	4.8	3.4
None	77.5	83.4
Lunch		
At least once	62.2%	48.5%
1 to 2 times	21.3	22.7
3 to 4 times	11.8	8.8
5 to 7 times	29.2	17.0
None	37.8	51.5
Dinner		
At least once	57.8%	46.0%
1 to 2 times	39.6	33.7
3 to 4 times	13.1	8.7
5 to 7 times	5.1	3.6
None	42.2	54.0

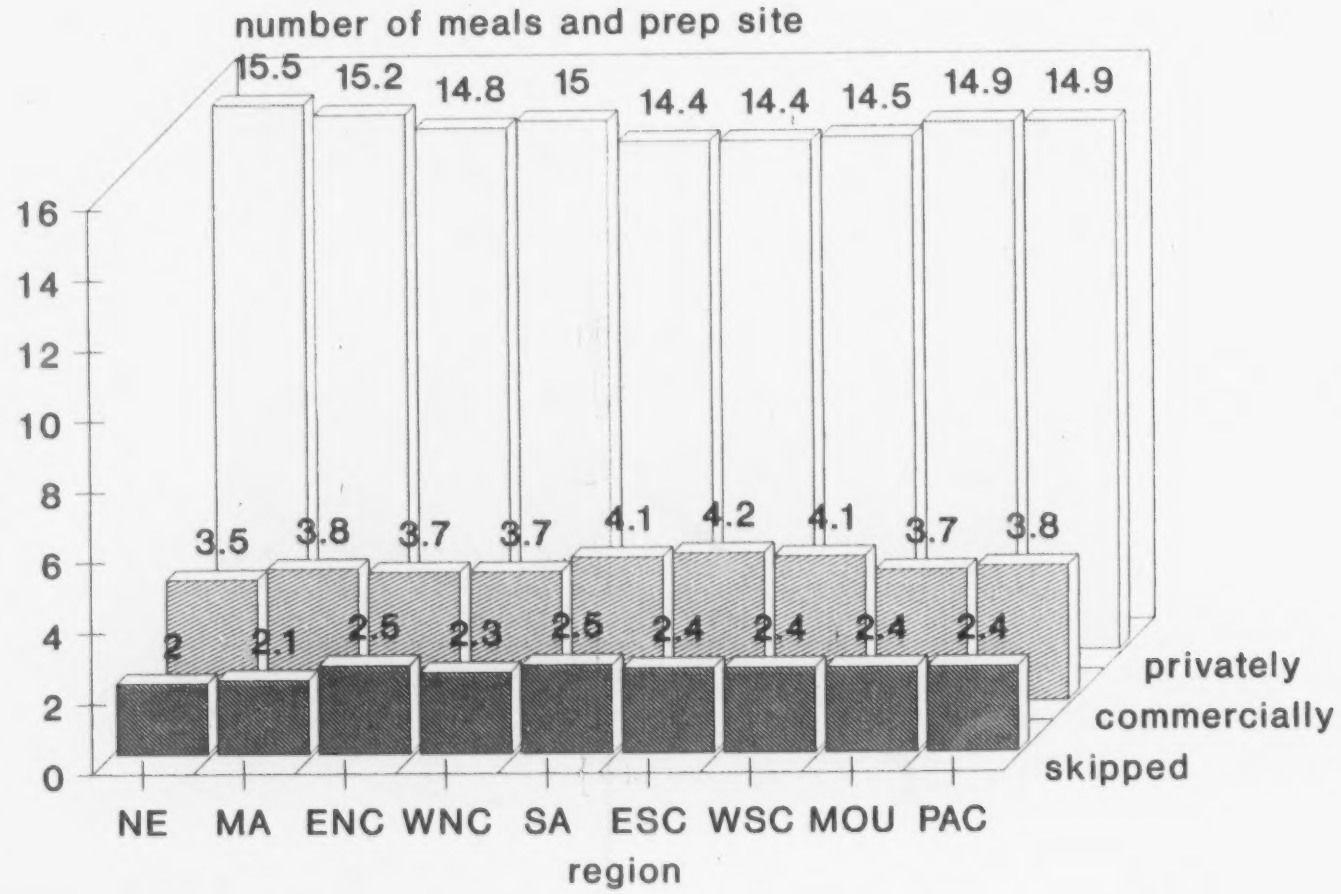
Note: Components may not add to 100 due to rounding

Frequency of skipping meals
by meal period and female household head employment status

	Female employed	Female not employed
Breakfast		
At least once	37.6%	24.0%
1 to 2 times	8.0	5.9
3 to 4 times	7.2	4.2
5 to 7 times	22.4	13.9
None	62.4	76.0
Lunch		
At least once	20.7%	14.2%
1 to 2 times	11.4	6.6
3 to 4 times	4.2	2.9
5 to 7 times	5.1	4.8
None	79.3	85.8
Dinner		
At least once	7.2%	3.9%
1 to 2 times	5.1	2.7
3 to 4 times	1.1	0.6
5 to 7 times	1.0	0.6
None	92.8	96.1

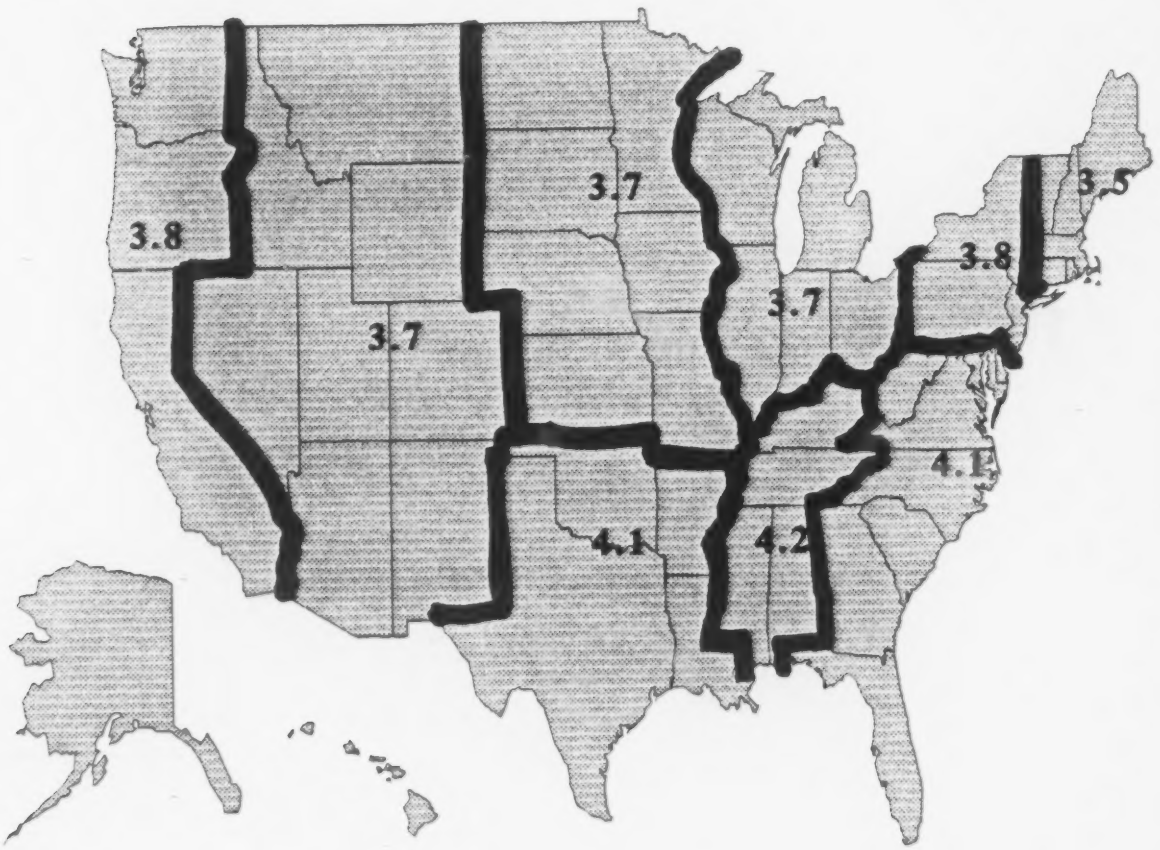
Note: Components may not add to 100 due to rounding

Average number of meals consumed in a week by preparation site and region



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Average number of commercially prepared meals consumed in a week by region



Source: National Restaurant Association *Meal Consumption Behavior*, 1991

Frequency of consuming privately prepared meals by meal period and region* of residence

	NE	MA	ENC	WNC	SA	ESC	WSC	MOU	PAC
Breakfast									
At least once	87.0%	86.2%	83.6%	84.6%	83.2%	83.3%	84.3%	85.2%	83.5%
1 to 2 times	8.9	10.7	10.7	9.1	12.1	14.4	12.9	9.7	9.7
3 to 4 times	6.9	7.5	7.4	7.5	7.4	7.9	7.9	8.2	7.6
5 to 7 times	71.2	67.9	65.5	67.9	63.6	60.9	63.6	67.4	66.2
None	13.0	13.8	16.4	15.4	16.8	16.7	15.7	14.8	16.5
Lunch									
At least once	87.0%	84.7%	85.6%	87.6%	83.6%	88.9%	85.9%	88.4%	85.6%
1 to 2 times	19.3	18.7	18.2	22.7	19.4	22.9	22.2	19.8	13.5
3 to 4 times	9.5	10.4	11.9	9.8	13.6	12.6	13.2	12.8	13.2
5 to 7 times	58.2	55.7	55.3	55.1	50.6	53.4	50.5	55.7	58.9
None	13.0	15.3	14.4	12.4	16.4	11.1	14.1	11.6	14.4
Dinner									
At least once	98.1%	97.5%	97.3%	98.7%	97.2%	96.5%	96.8%	97.5%	97.1%
1 to 2 times	3.0	2.9	4.1	3.4	4.6	5.4	5.3	5.1	4.3
3 to 4 times	12.2	10.6	11.7	12.5	13.5	13.6	13.2	11.0	15.6
5 to 7 times	83.0	83.8	81.7	82.8	79.0	77.4	78.3	81.5	77.2
None	1.9	2.5	2.7	1.3	2.8	3.5	3.2	2.5	2.9

Note: Components may not add to 100 due to rounding

*NE: New England: CT, MA, ME, NH, RI, VT
MA: Middle Atlantic: NJ, NY, PA
ENC: East North Central: IL, IN, MI, OH, WI
WNC: West North Central: IA, KS, MN, MO, ND, NE, SD
SA: South Atlantic: DC, DE, FL, GA, MD, NC, SC, VA, WV
ESC: East South Central: AL, KY, MS, TN
WSC: West South Central: AR, LA, OK, TX
MOU: Mountain: AZ, CO, ID, MT, NM, NV, UT, WY
PAC: Pacific: CA, OR, WA

Frequency of consuming commercially prepared meals by meal period and region* of residence

	NE	MA	ENC	WNC	SA	ESC	WSC	MOU	PAC
Breakfast									
At least once	17.9%	19.7%	19.7%	20.4%	21.6%	25.3%	20.5%	21.2%	21.7%
1 to 2 times	10.9	10.6	13.6	14.2	12.8	15.4	12.7	14.9	14.1
3 to 4 times	2.6	2.8	3.2	3.3	3.8	4.1	3.0	2.6	4.0
5 to 7 times	4.3	6.2	2.9	3.1	5.1	5.8	4.8	3.9	3.6
None	82.1	80.3	80.3	79.6	78.4	74.7	79.5	78.8	78.3
Lunch									
At least once	50.2%	54.2%	55.2%	58.1%	59.5%	58.8%	62.0%	57.7%	56.2%
1 to 2 times	17.6	20.1	21.4	23.7	20.9	20.1	22.1	25.4	24.6
3 to 4 times	9.4	8.8	10.3	8.0	11.7	12.5	12.1	10.5	13.2
5 to 7 times	23.3	25.4	23.4	26.3	26.8	26.3	28.0	21.8	18.5
None	49.8	45.8	44.8	41.9	40.5	41.2	38.0	42.3	43.8
Dinner									
At least once	49.7%	49.7%	55.4%	51.9%	54.1%	49.6%	53.2%	56.5%	58.4%
1 to 2 times	34.5	35.4	40.1	37.0	36.2	29.6	34.9	41.4	39.4
3 to 4 times	11.4	9.9	10.7	11.2	12.4	13.1	12.8	11.2	13.5
5 to 7 times	3.8	4.4	4.6	3.7	5.7	6.9	5.5	3.9	5.6
None	50.3	50.3	44.6	48.1	45.9	50.4	46.8	43.5	41.6

Note: Components may not add to 100 due to rounding

*NE: New England: CT, MA, ME, NH, RI, VT
MA: Middle Atlantic: NJ, NY, PA
ENC: East North Central: IL, IN, MI, OH, WI
WNC: West North Central: IA, KS, MN, MO, ND, NE, SD
SA: South Atlantic: DC, DE, FL, GA, MD, NC, SC, VA, WV
ESC: East South Central: AL, KY, MS, TN
WSC: West South Central: AR, LA, OK, TX
MOU: Mountain: AZ, CO, ID, MT, NM, NV, UT, WY
PAC: Pacific: CA, OR, WA

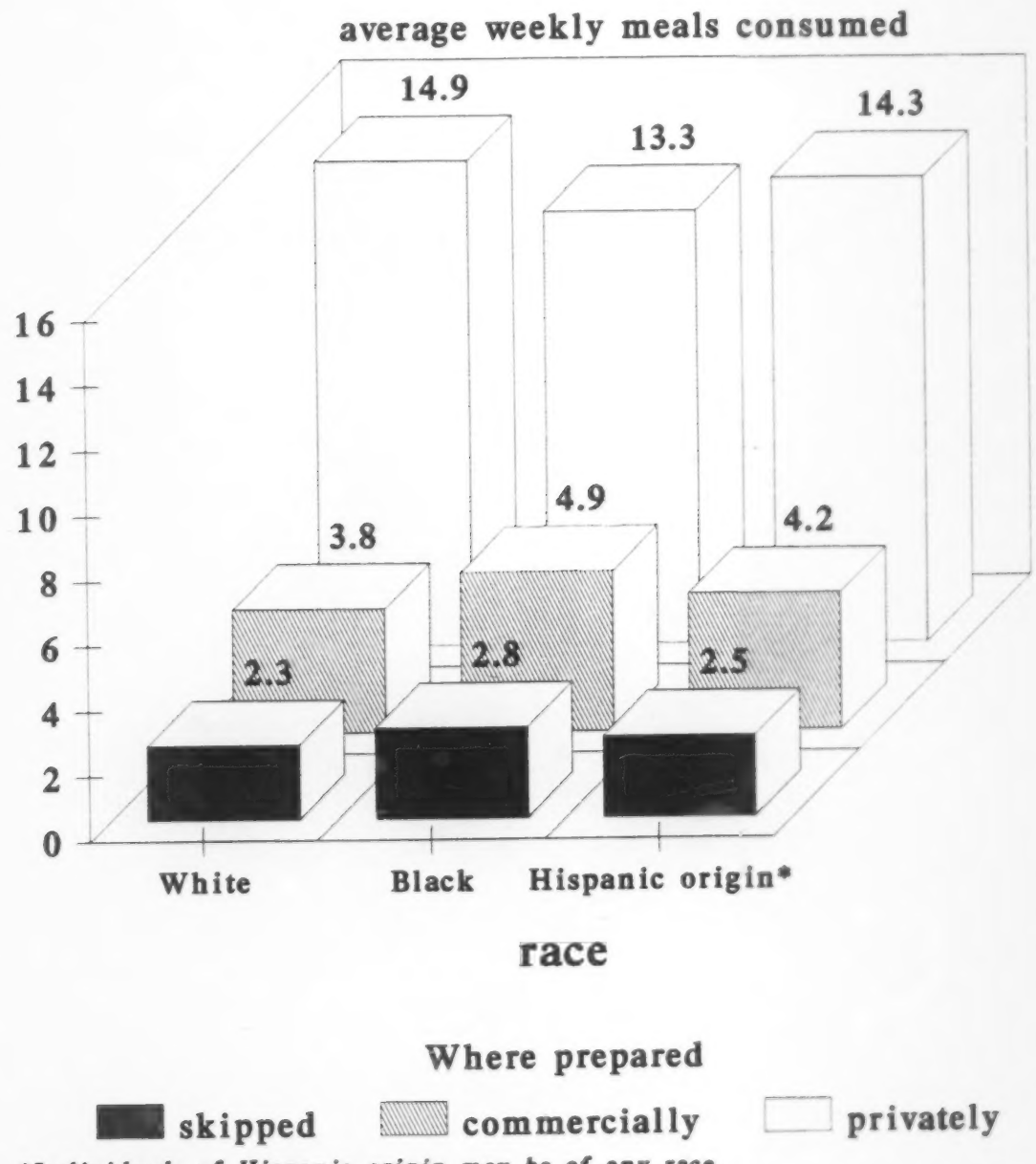
Frequency of skipping meals by meal period and region* of residence

	NE	MA	ENC	WNC	SA	ESC	WSC	MOU	PAC
Breakfast									
At least once	28.2%	29.4%	34.9%	33.0%	33.9%	37.5%	35.6%	35.0%	34.0%
1 to 2 times	6.8	7.2	7.0	7.6	6.3	9.1	7.6	10.1	8.3
3 to 4 times	6.0	5.5	6.1	6.1	6.9	6.7	7.3	6.1	5.6
5 to 7 times	15.4	16.7	21.8	19.3	20.6	21.6	20.8	18.8	20.2
None	71.8	70.6	65.1	67.0	66.1	62.5	64.4	65.0	66.0
Lunch									
At least once	19.8%	19.5%	20.0%	20.4%	18.9%	15.4%	16.9%	21.5%	19.2%
1 to 2 times	11.2	10.5	10.1	11.4	8.9	8.5	8.1	11.3	10.5
3 to 4 times	3.6	3.8	4.2	3.5	4.0	2.9	4.2	5.0	3.5
5 to 7 times	5.1	5.2	5.7	5.6	6.0	4.1	4.6	5.3	5.2
None	80.2	80.5	80.0	79.6	81.1	84.6	83.1	78.5	80.8
Dinner									
At least once	5.3%	5.3%	6.1%	7.1%	6.9%	4.7%	6.2%	8.9%	6.8%
1 to 2 times	4.3	4.4	3.9	6.2	5.0	2.9	2.9	6.8	4.7
3 to 4 times	0.8	0.7	1.1	0.7	1.1	0.9	1.7	1.1	1.1
5 to 7 times	0.1	0.4	1.1	0.2	0.8	0.8	1.5	1.0	1.1
None	94.7	94.7	93.9	92.9	93.1	95.3	93.8	91.1	93.2

Note: Components may not add to 100 due to rounding

*NE: New England: CT, MA, ME, NH, RI, VT
MA: Middle Atlantic: NJ, NY, PA
ENC: East North Central: IL, IN, MI, OH, WI
WNC: West North Central: IA, KS, MN, MO, ND, NE, SD
SA: South Atlantic: DC, DE, FL, GA, MD, NC, SC, VA, WV
ESC: East South Central: AL, KY, MS, TN
WSC: West South Central: AR, LA, OK, TX
MOU: Mountain: AZ, CO, ID, MT, NM, NV, UT, WY
PAC: Pacific: CA, OR, WA

Breakdown of weekly meals by preparation site and race



Individuals of Hispanic origin may be of any race

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

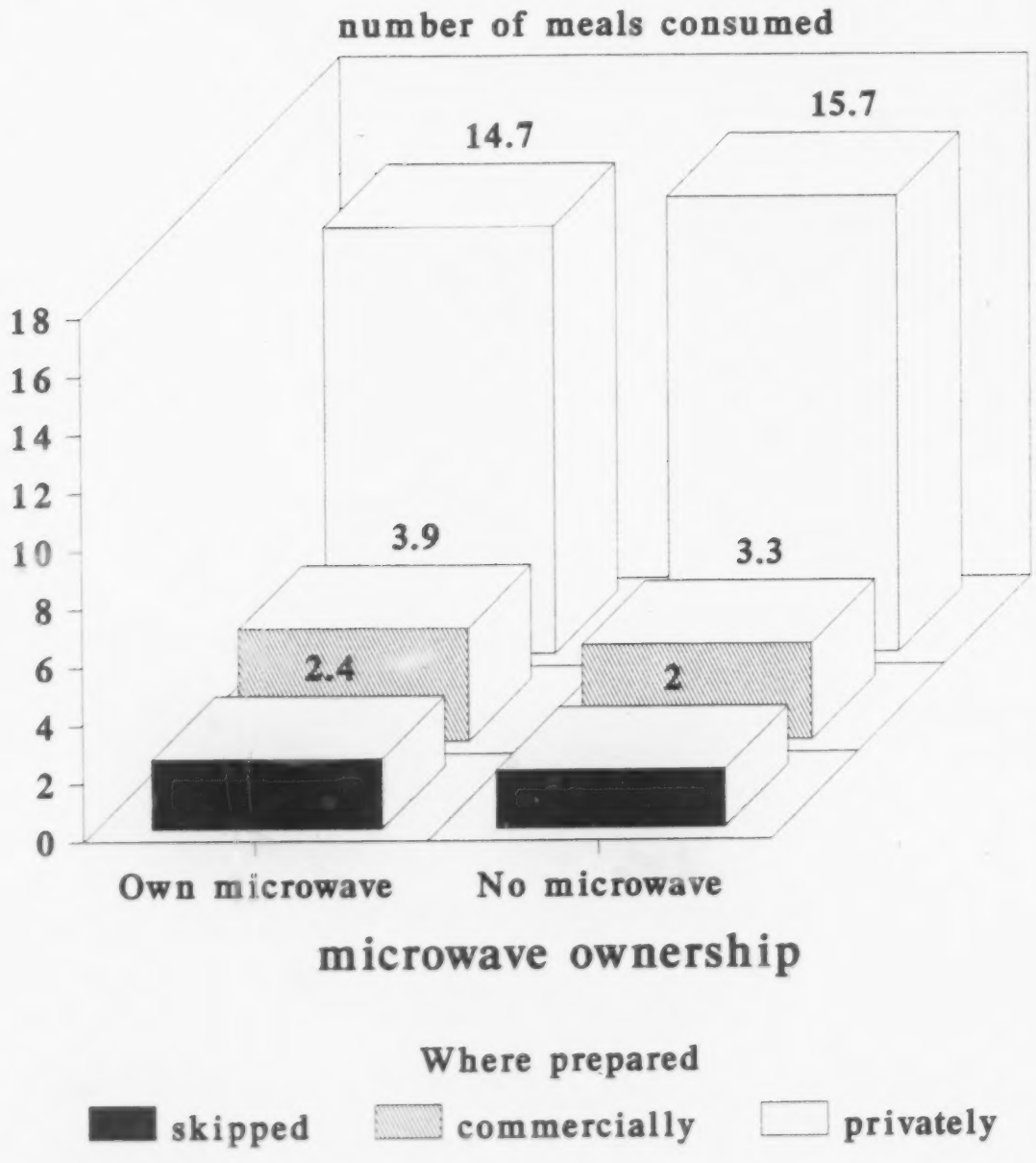
Mean number of weekly meals consumed by meal period, preparation site and race

	White	Black	Hispanic origin*
Breakfast			
Privately prepared	4.9	4.0	4.6
Commercially prepared	0.5	1.0	0.6
Skipped	1.6	2.0	1.8
Lunch			
Privately prepared	4.3	3.4	4.1
Commercially prepared	2.1	2.9	2.3
Skipped	0.6	0.7	0.6
Dinner			
Privately prepared	5.6	5.9	5.5
Commercially prepared	1.2	0.9	1.3
Skipped	0.1	0.2	0.2
Total			
Privately prepared	14.9	13.3	14.3
Commercially prepared	3.8	4.9	4.2
Skipped	2.3	2.8	2.5

*those of Hispanic origin may be of any race

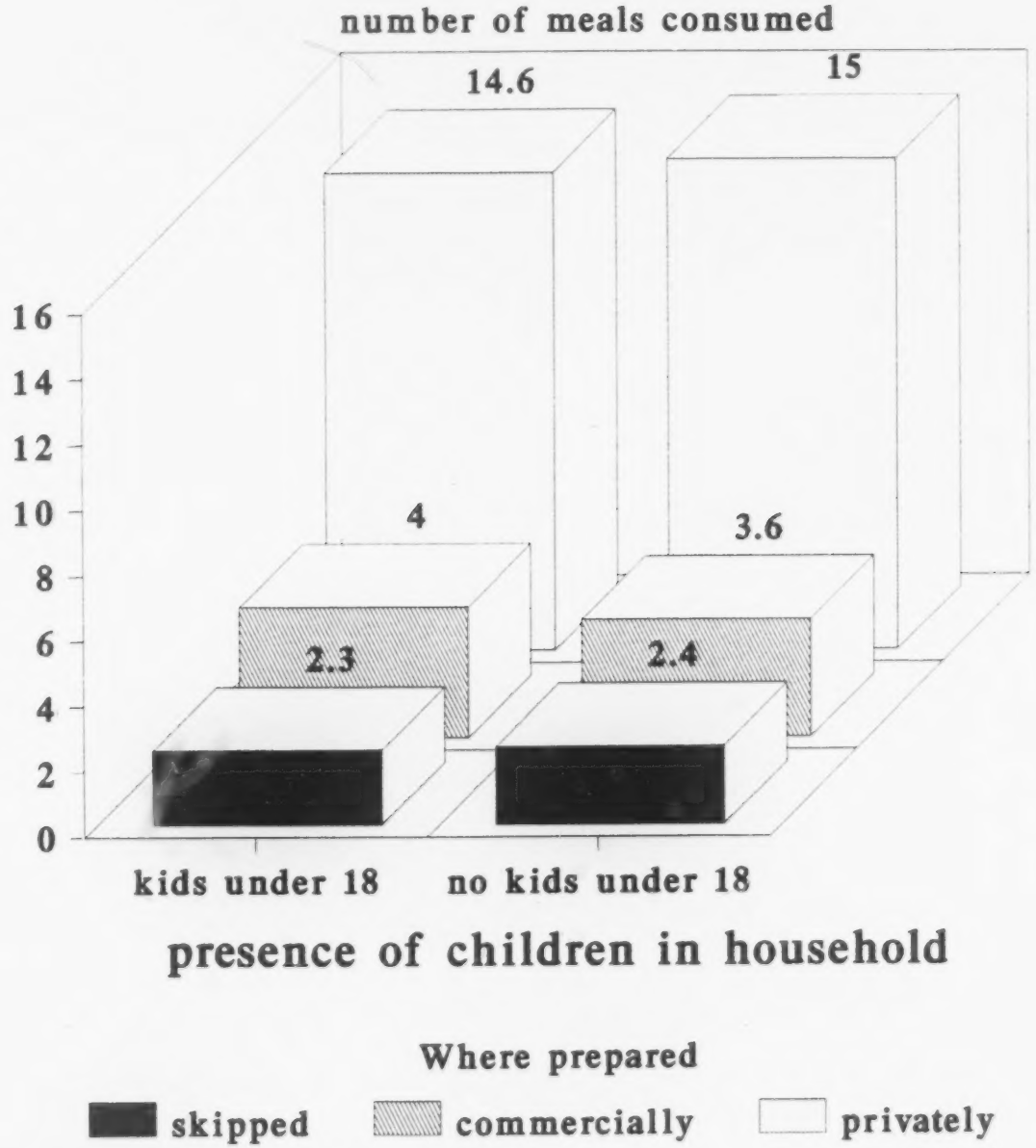
Note: Components may not add to total due to rounding

Breakdown of weekly meals by preparation site and microwave ownership



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Breakdown of weekly meals by preparation site and presence of children under 18



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Section 3: Meal Consumption Behavior Trend for 1981, 1985 and 1991

Meal Consumption Behavior Trend: 1981, 1985 and 1991

HIGHLIGHTS

○ The typical person, eight years old or older, consumed an average of 3.8 meals prepared away from home in 1991--down from 3.9 in 1985 but up from 3.7 in 1981.

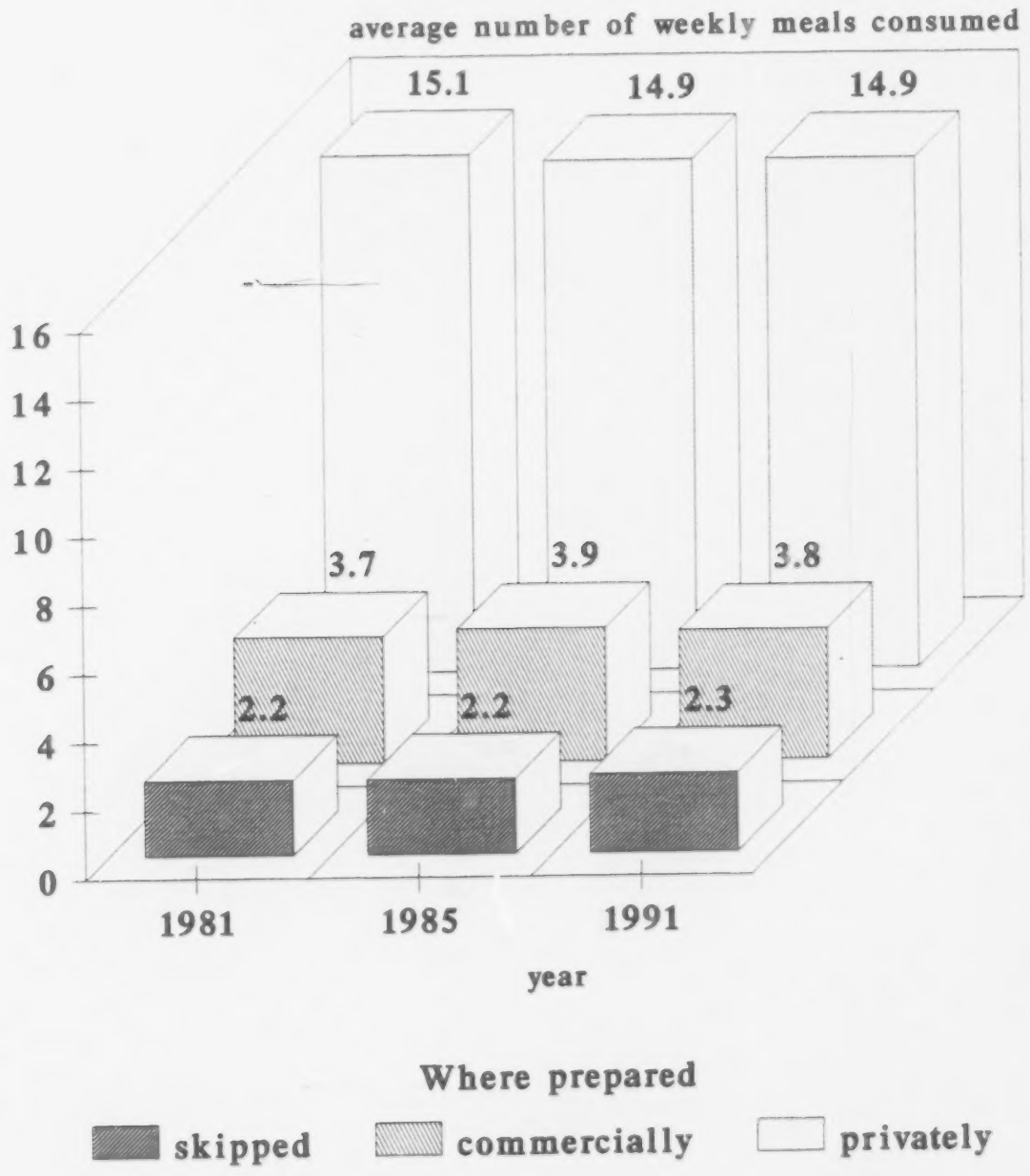
○ Consumers skipped an average of 2.3 meals per week in 1991, up from 2.2 meals in both 1981 and 1985. Breakfast continued to be the meal most likely to be skipped, with individuals skipping 1.6 breakfasts in 1991, up from 1.4 in 1981.

○ The average number of dinners consumed away from home remained stable at 1.2 in 1981, 1985 and 1991.

○ Consumers ate a similar number of breakfasts and dinners away from home in 1985 and in 1991--0.5 and 1.2, respectively. However, the number of commercially prepared lunches consumed in a week dipped slightly from 2.2 in 1985 to 2.1 in 1991.

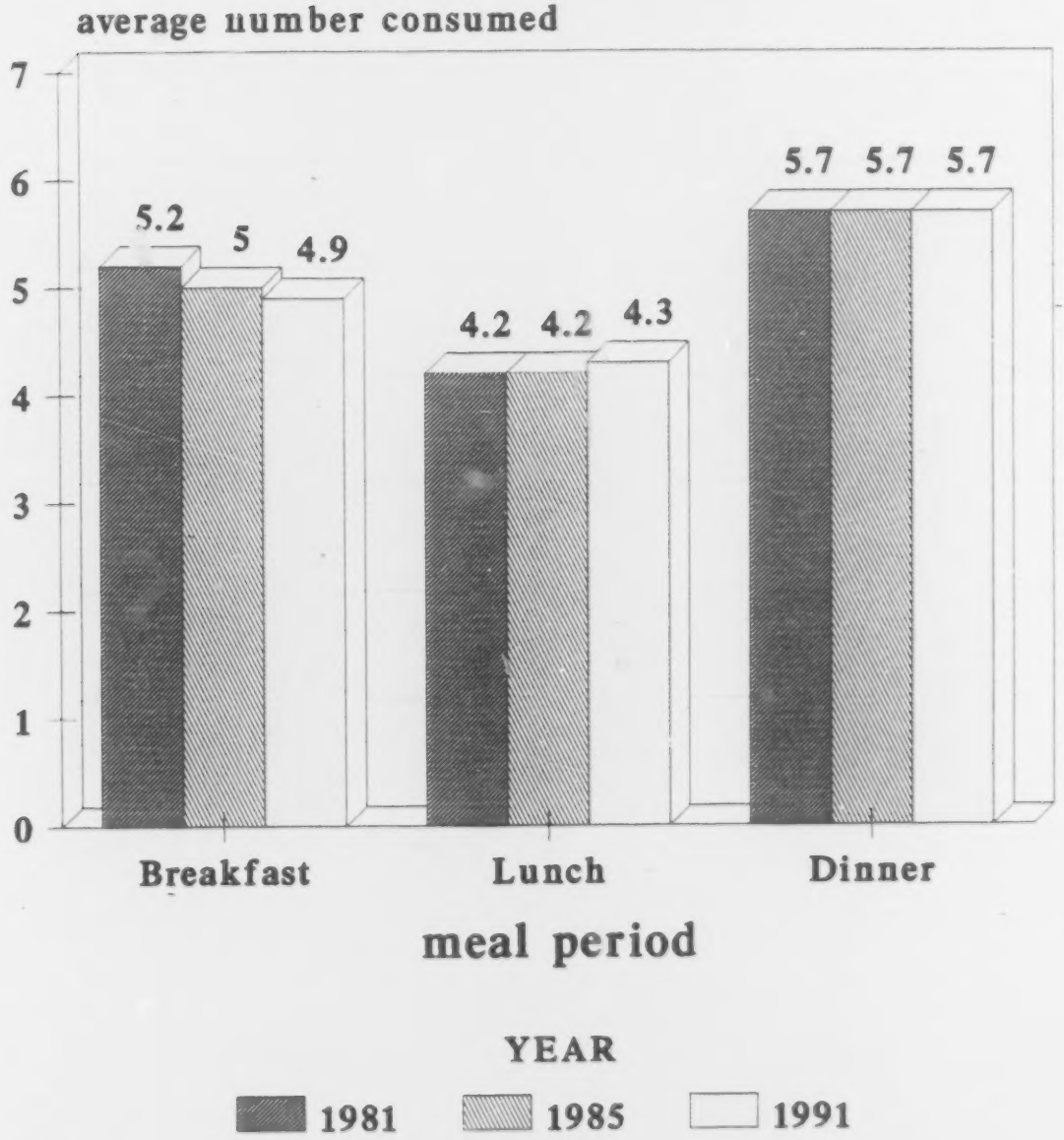
○ Consumers ate an average of 14.9 meals at home in 1991 and 1985, down from 15.1 in 1981.

Distribution of meals by preparation site: 1981, 1985 and 1991



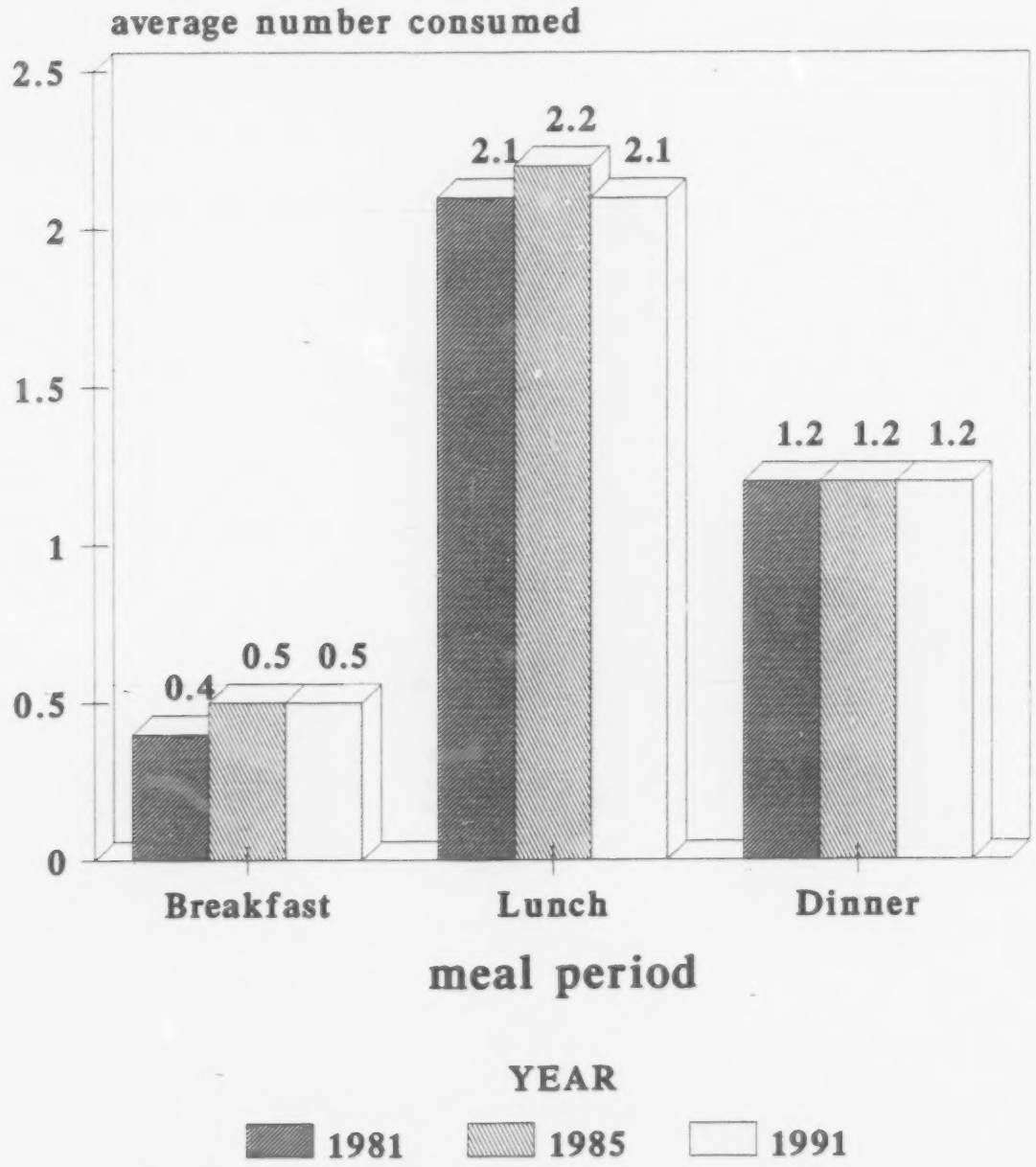
Source: National Restaurant Association

Average number of privately prepared meals consumed by occasion: 1981, 1985 and 1991



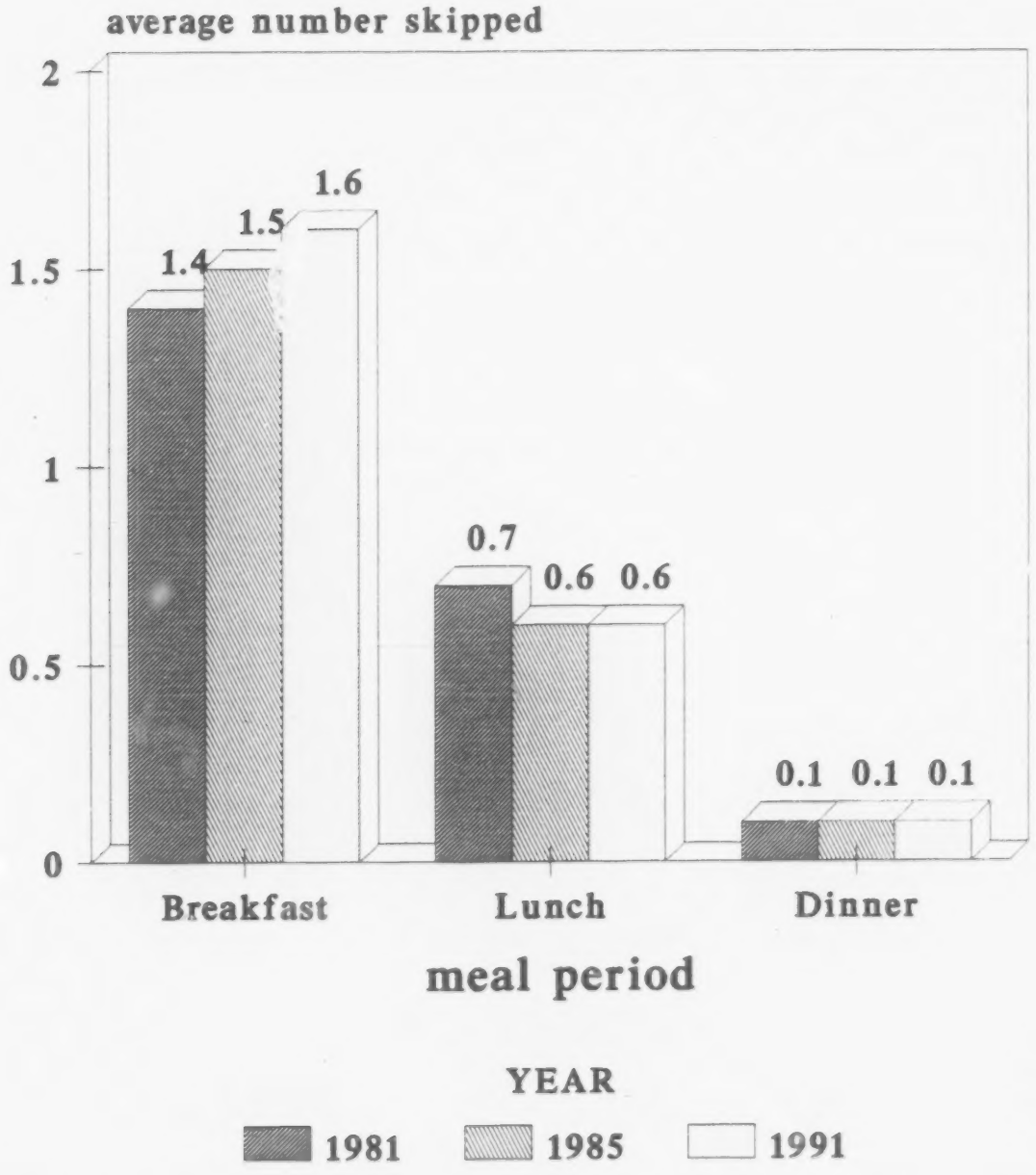
Source: National Restaurant Association

Average weekly meals consumed away from home by meal occasion: 1981, 1985 & 1991



Source: National Restaurant Association

Average number of meals skipped by occasion: 1981, 1985 and 1991



Source: National Restaurant Association

Section 4: Meal Consumption Behavior by Meal Period: Breakfast

Meal Consumption Behavior by Meal Period: Breakfast

HIGHLIGHTS

- More than one out of five (20.7 percent) of all individuals eight years old or older consumed a commercially prepared breakfast at least once during a week.

- More than one out of ten (13.1 percent) consumed a commercially prepared breakfast once or twice a week; 4.4 percent ate breakfast away from home between five and seven times in a week.

- On the average, individuals consumed 0.5 breakfasts away from home in a week.

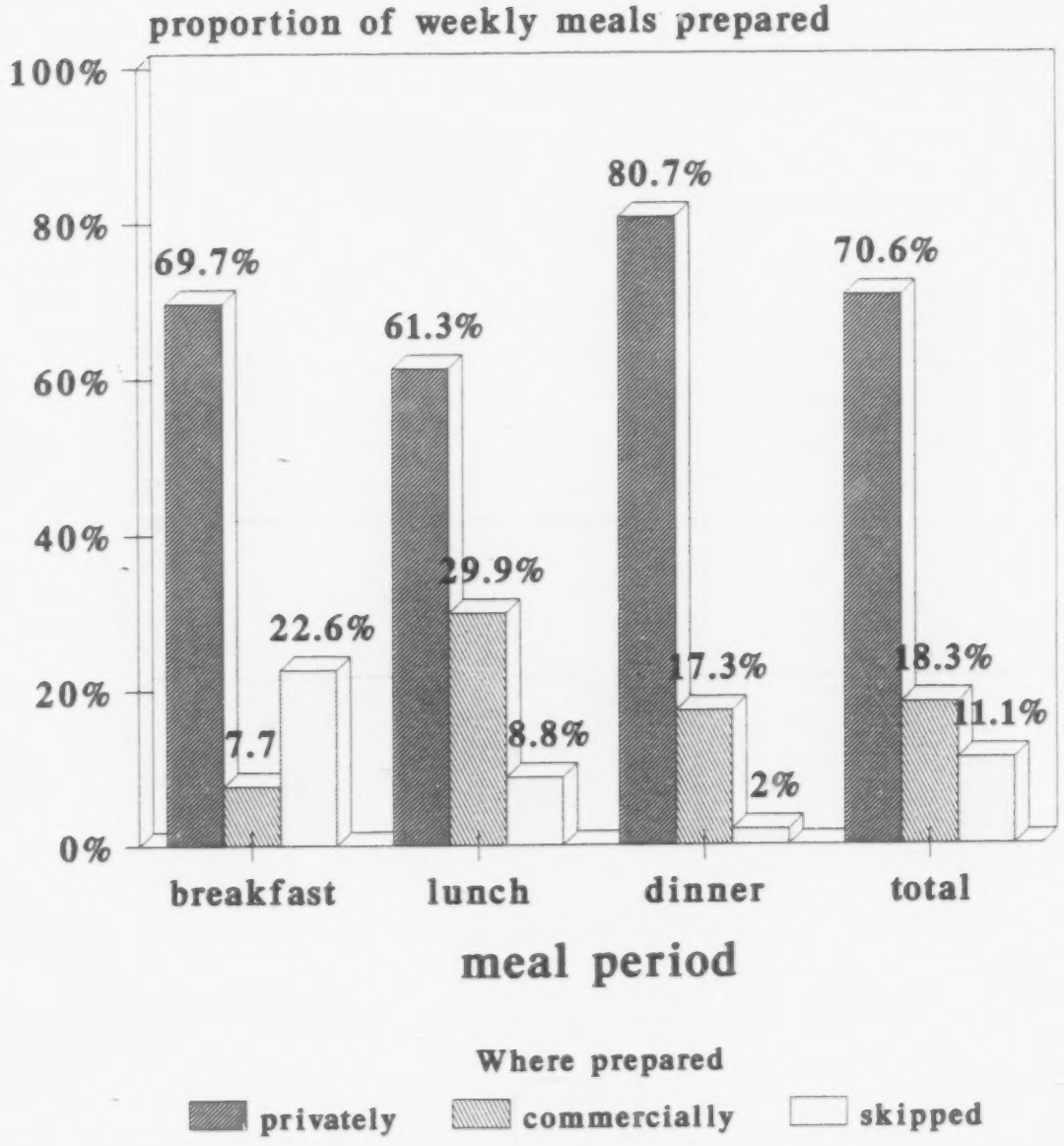
- The average individual skipped 1.6 breakfasts in one week, making breakfast the most frequently skipped meal.

- Females ate more privately prepared breakfasts than males--5.0 compared with 4.7.

- Blacks consumed, on the average, more commercially prepared breakfasts and skipped more breakfasts than either whites or Hispanics.

- Individuals living in households where the female head was employed skipped more breakfasts than those living in households where the female head was not employed.

Breakdown of meal periods by preparation site



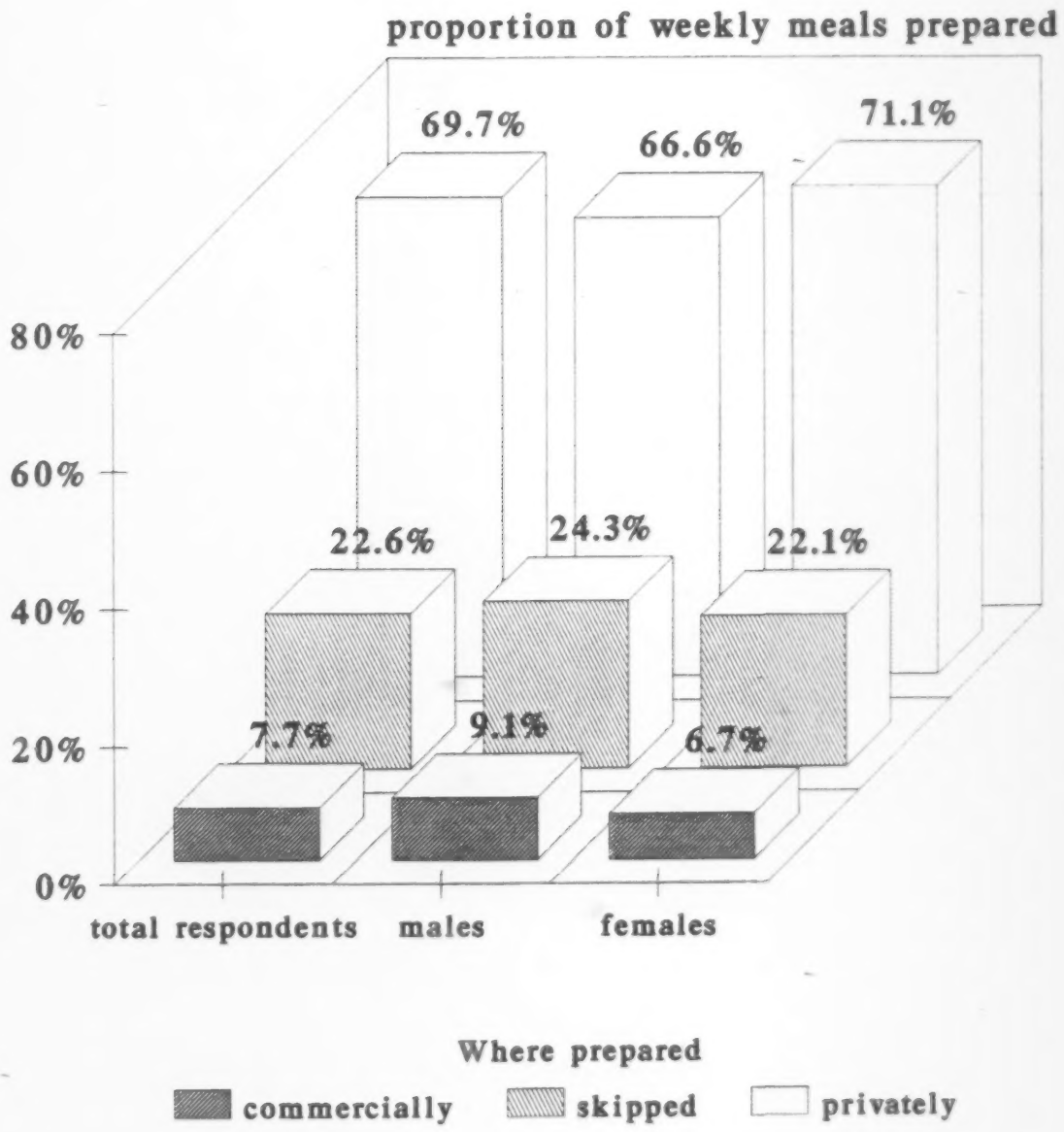
Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution of breakfast preparation by site for one week period (All respondents)

Number of times	Percent responding..... Privately prepared	Commercially prepared	Skipped
0	15.6%	79.3%	66.6%
1	3.7	8.6	3.3
2	7.3	4.5	4.2
3	3.8	2.0	3.3
4	3.8	1.2	2.9
5	5.5	2.4	5.2
6	6.7	0.5	2.9
7	53.6	1.5	11.6
At least once	84.4%	20.7%	33.4%
Average number of meals in one week	4.9	0.5	1.6

Note: Components may not add to total due rounding

Breakdown of breakfast by preparation site and sex



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of breakfast preparation site for one week period by age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	96.2%	96.5%	15.3%	16.5%	8.9%	10.3%
13 to 17	91.6	88.3	15.6	13.4	24.0	31.9
18 to 24	75.9	79.4	25.6	23.3	46.8	46.3
25 to 34	76.1	80.8	24.7	21.8	53.6	47.9
35 to 44	76.5	82.0	25.2	21.0	50.3	41.9
45 to 54	78.5	80.5	26.8	21.2	42.7	36.6
55 to 64	87.2	88.4	26.6	20.5	22.7	24.3
65 and over	93.0	93.4	19.9	13.8	7.9	10.7
All males	82.8%		23.1%		35.7%	
All females		85.3%		19.4%		33.1%
All respondents	84.4%		20.7%		33.4%	

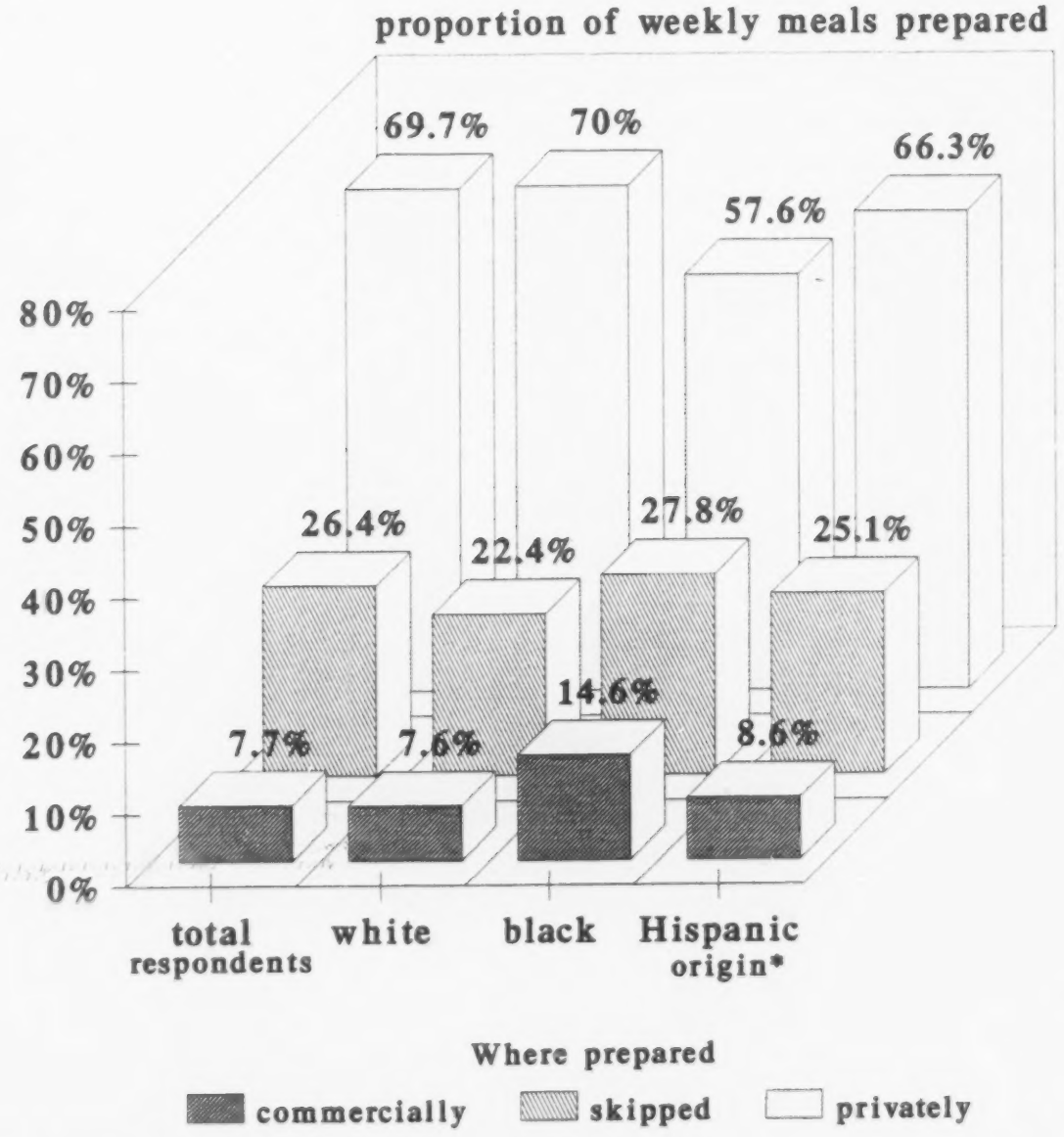
*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

Average number of breakfasts consumed in one week by preparation site, age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	6.2	6.1	0.5	0.6	0.3	0.4
13 to 17	5.5	5.2	0.4	0.4	1.0	1.4
18 to 24	4.0	4.2	0.9	0.7	2.2	2.1
25 to 34	3.8	4.3	0.6	0.5	2.6	2.2
35 to 44	3.9	4.5	0.7	0.5	2.5	2.0
45 to 54	4.2	4.6	0.7	0.5	2.1	1.9
55 to 64	5.3	5.4	0.7	0.4	1.0	1.1
65 and over	6.1	6.2	0.6	0.3	0.4	0.5
All males	4.7		0.6		1.7	
All females		5.0		0.5		1.6
All respondents	4.9		0.5		1.6	

Note: Components may not add to total due to rounding

Breakdown of breakfast by preparation site and race



Respondents of Hispanic origin may be of any race

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of breakfast preparation site for one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	85.0%	19.2%	29.5%
$15,000-24,999	85.4	19.7	32.5
$25,000-34,999	83.9	20.0	37.3
$35,000-$44,999	85.7	20.0	33.6
$45,000-59,999	82.5	21.9	34.7
$60,000-74,999	83.0	24.8	35.3
$75,000 and over	84.0	24.0	33.5
Household size			
One person	83.1%	23.1%	35.0%
Two people	85.8	22.5	29.9
Three people	83.0	21.6	37.7
Four people	83.9	18.8	36.0
Five or more people	85.1	17.8	30.1
Employment status of female household head			
Female employed	82.8%	22.5%	37.6%
Female not employed	88.8	16.6	24.0
Race			
White	84.6%	20.5%	33.1%
Black	78.0	27.3	43.3
Hispanic origin**	83.7	23.6	38.3

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

Average number of breakfasts eaten in one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	5.0	0.6	1.4
$15,000-24,999	5.0	0.5	1.6
$25,000-34,999	4.8	0.5	1.8
$35,000-$44,999	5.0	0.5	1.6
$45,000-59,999	4.8	0.6	1.7
$60,000-74,999	4.7	0.6	1.6
$75,000 and over	4.8	0.7	1.6
Household size			
One person	4.8	0.6	1.6
Two people	5.1	0.5	1.4
Three people	4.7	0.5	1.8
Four people	4.8	0.5	1.7
Five or more people	5.0	0.6	1.4
Employment status of female household head			
Female employed	4.6	0.6	1.8
Female not employed	5.4	0.4	1.1
Race			
White	4.9	0.5	1.6
Black	4.0	1.0	2.0
Hispanic origin**	4.6	0.6	1.8

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

Section 5: Meal Consumption Behavior by Meal Period: Lunch

Meal Consumption Behavior by Meal Period: Lunch

HIGHLIGHTS

○ Almost six out of ten (56.8 percent) individuals ate a commercially prepared lunch at least once in a week period, making lunch the meal most likely to be consumed away from home.

○ Nearly one out of four (24.5 percent) individuals reported eating lunch away from home between five and seven times a week. A similar proportion (21.6 percent) consumed a commercially prepared lunch once or twice in a week.

○ Individuals consumed an average of 2.1 lunches away from home, 4.3 privately prepared lunches, and skipped 0.6 lunches in one week.

○ Males consumed more commercially prepared lunches than females--2.3 compared with 1.9--in an average week.

○ Among adults, those between 18 and 24 consumed the greatest number of commercially prepared lunches in a week--2.6. Adults 65 and over consumed the fewest--1.0.

○ Blacks consumed more commercially prepared lunches than either whites or Hispanics in an average week--2.9 compared with 2.1 and 2.3 respectively.

○ Individuals living in households with annual income of $60,000 or more consumed the largest number of lunches away from home (2.6 per week), while those living in households with income below $15,000 ate the smallest number of commercially prepared lunches (1.7).

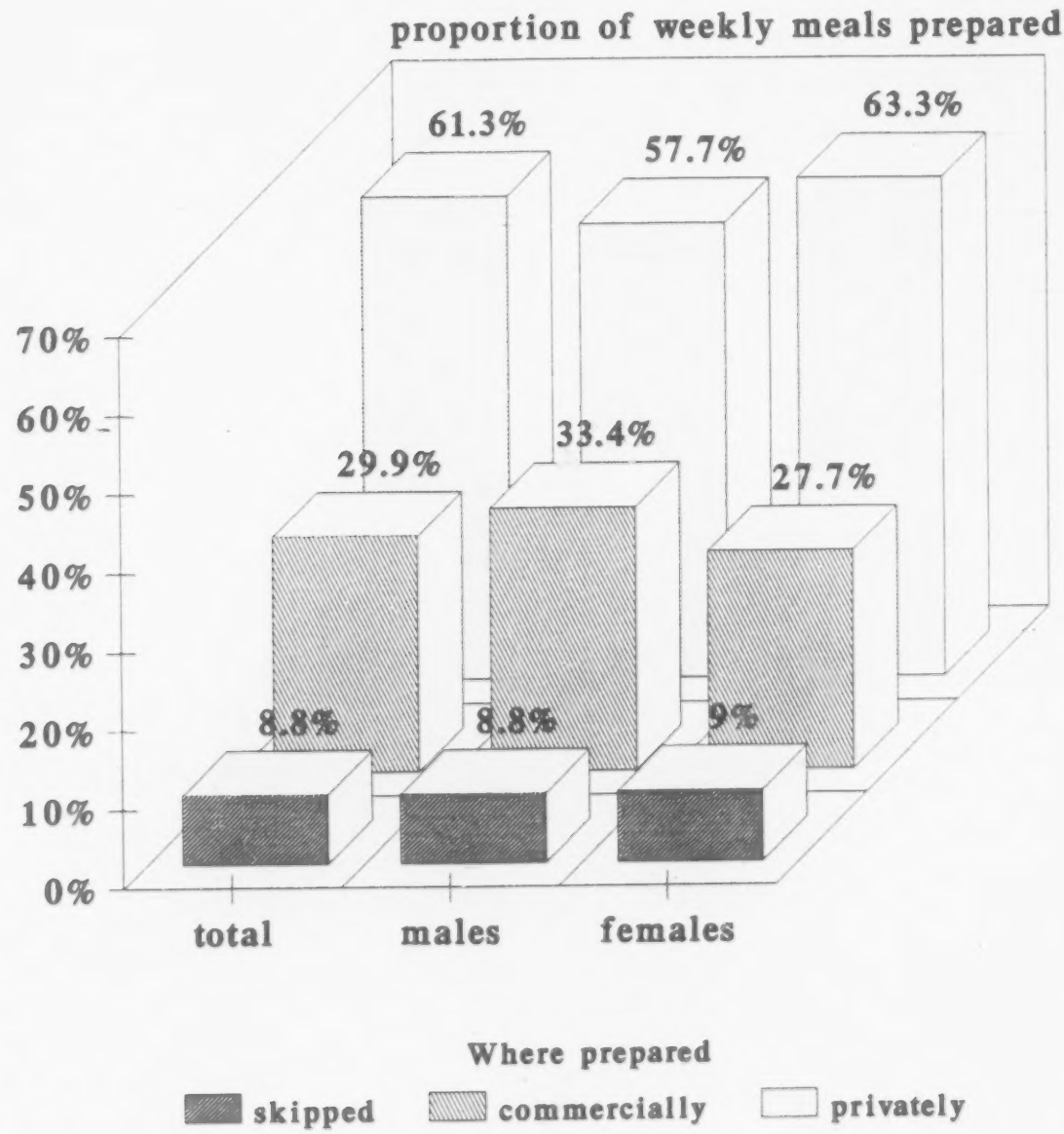
○ Individuals living in households where the female head was employed consumed more commercially prepared lunches than individuals living in a household where the female head was not employed--2.4 versus 1.6.

Distribution of lunch preparation by site for one week period (All respondents)

Number of times	Percent responding..... Privately prepared	Commercially prepared	Skipped
0	14.2%	43.2%	80.8%
1	3.9	11.2	4.9
2	15.3	10.4	5.1
3	5.4	6.2	2.4
4	6.6	4.4	1.5
5	10.2	14.3	1.6
6	9.8	2.4	0.6
7	34.6	7.8	3.2
At least once	85.8%	56.8%	19.2%
Average number of meals in one week	4.3	2.1	0.6

Note: Components may not add to total due rounding

Breakdown of lunch by preparation site and sex



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of lunch preparation site for one week period by age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	87.1%	87.0%	79.2%	76.7%	2.6%	3.7%
13 to 17	80.7	79.0	76.9	73.1	7.6	12.2
18 to 24	80.8	83.2	64.6	63.5	21.3	20.9
25 to 34	82.7	88.3	63.2	59.1	24.2	26.8
35 to 44	79.8	85.1	60.9	58.6	27.0	27.8
45 to 54	80.4	87.4	57.9	52.9	27.7	24.4
55 to 64	88.3	89.6	48.7	44.7	17.3	18.0
65 and over	91.0	94.4	36.2	37.0	11.6	10.2
All males	83.6%		59.9%		19.2%	
All females		87.5%		56.3%		19.9%
All respondents	85.8%		56.8%		19.2%	

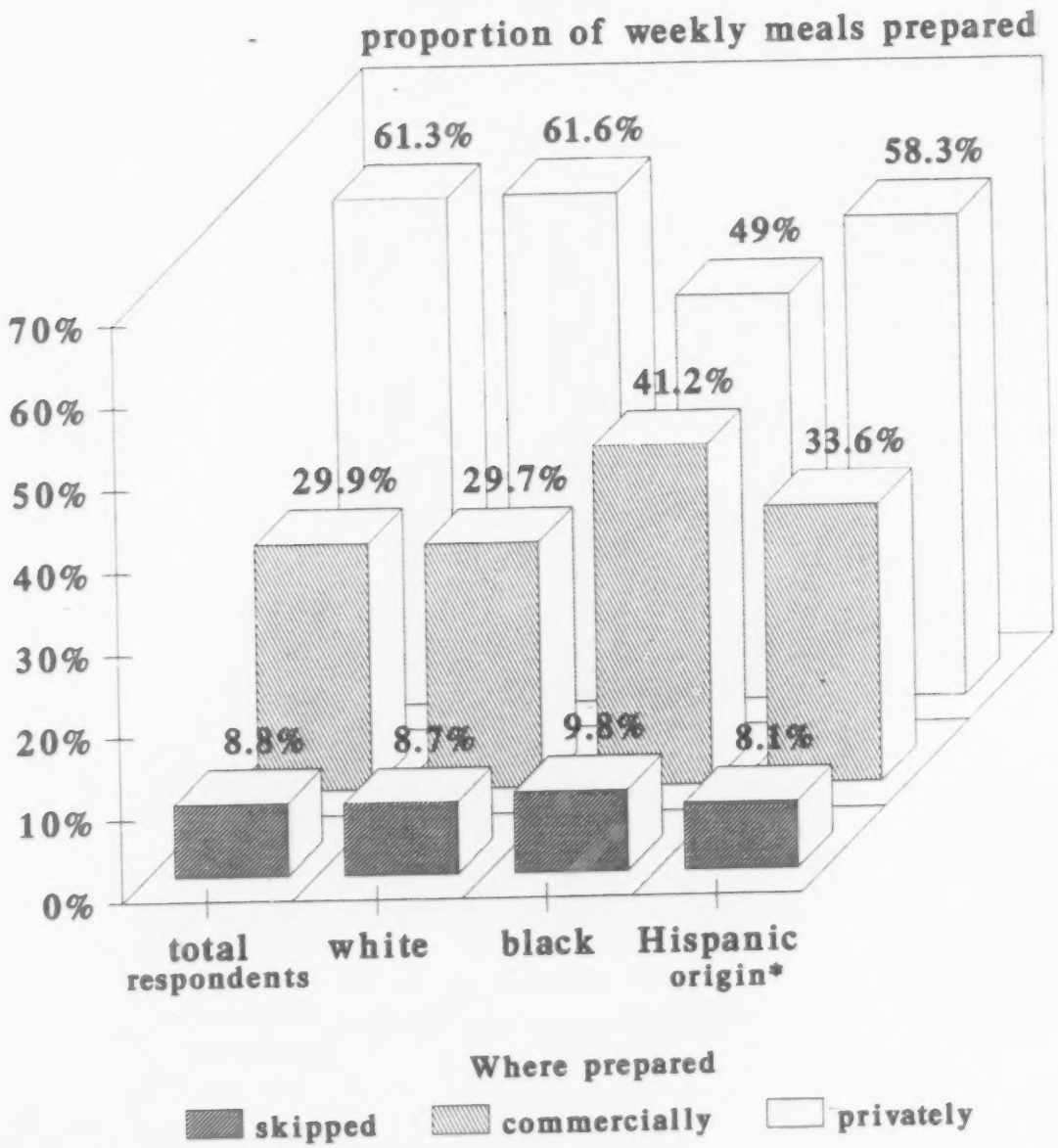
*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

Average number of lunches consumed in one week by preparation site, age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	3.3	3.5	3.7	3.5	0.0	0.1
13 to 17	3.0	3.1	3.9	3.5	0.2	0.4
18 to 24	3.7	3.9	2.7	2.5	0.6	0.6
25 to 34	4.0	4.3	2.3	1.9	0.7	0.8
35 to 44	3.8	4.2	2.3	1.9	0.9	0.9
45 to 54	3.9	4.6	2.2	1.7	0.9	0.8
55 to 64	4.8	5.1	1.6	1.3	0.6	0.7
65 and over	5.5	5.7	1.0	0.9	0.5	0.4
All males	4.0		2.3		0.6	
All females		4.4		1.9		0.6
All respondents	4.3		2.1		0.6	

Note: Components may not add to total due to rounding

Breakdown of lunch by preparation site and race



Respondents of Hispanic origin may be of any race

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of lunch preparation site for one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	87.0%	45.7%	15.9%
$15,000-24,999	86.7	53.9	19.6
$25,000-34,999	86.5	55.9	20.1
$35,000-$44,999	87.7	59.2	19.9
$45,000-59,999	84.0	64.1	18.5
$60,000-74,999	83.2	65.9	21.4
$75,000 and over	81.7	66.8	23.4
Household size			
One person	85.1%	52.8%	24.3%
Two people	86.9	50.7	19.5
Three people	85.8	57.6	20.0
Four people	85.5	62.0	18.6
Five or more people	85.0	61.8	15.0
Employment status of female household head			
Female employed	84.5%	62.2%	20.7%
Female not employed	89.8	48.5	14.2
Race			
White	86.2%	56.9%	19.1%
Black	73.5	61.4	22.6
Hispanic origin**	85.6	64.5	18.7

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

Average number of lunches eaten in one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	4.7	1.7	0.6
$15,000-24,999	4.5	1.9	0.7
$25,000-34,999	4.4	2.0	0.7
$35,000-$44,999	4.3	2.1	0.6
$45,000-59,999	4.0	2.4	0.6
$60,000-74,999	3.8	2.6	0.6
$75,000 and over	3.7	2.6	0.7
Household size			
One person	4.4	1.8	0.8
Two people	4.7	1.7	0.7
Three people	4.3	2.1	0.6
Four people	4.1	2.4	0.6
Five or more people	3.9	2.6	0.5
Employment status of female household head			
Female employed	4.0	2.4	0.6
Female not employed	4.9	1.6	0.5
Race			
White	4.3	2.1	0.6
Black	3.4	2.9	0.7
Hispanic origin**	4.1	2.3	0.6

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

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Section 6: Meal Consumption Behavior by Meal Period: Dinner

Meal Consumption Behavior by Meal Period: Dinner

HIGHLIGHTS

- Among individuals eight years old and older, 53.5 percent consumed a commercially prepared dinner at least once in a seven-day period.

- More than one-third (37.0 percent) of respondents ate a commercially prepared dinner once or twice a week; 11.6 percent went out for dinner three or four times a week; 4.9 percent ate out for dinner between five and seven times in a week.

- The average individual consumed 1.2 dinners away from home in a week, while eating at home 5.7 times and skipping dinner 0.1 times.

- Individuals living in households with an annual income of $75,000 or more consumed the most dinners away from home (1.7 per week)--more than double the number consumed by those living in households with income below $15,000--0.8 per week.

- Individuals living alone ate out for dinner more than individuals living in larger households.

- Individuals living in households where the female head was employed consumed, on the average, more commercially prepared dinners than those living in households where the female head was not employed--1.3 compared with 1.0.

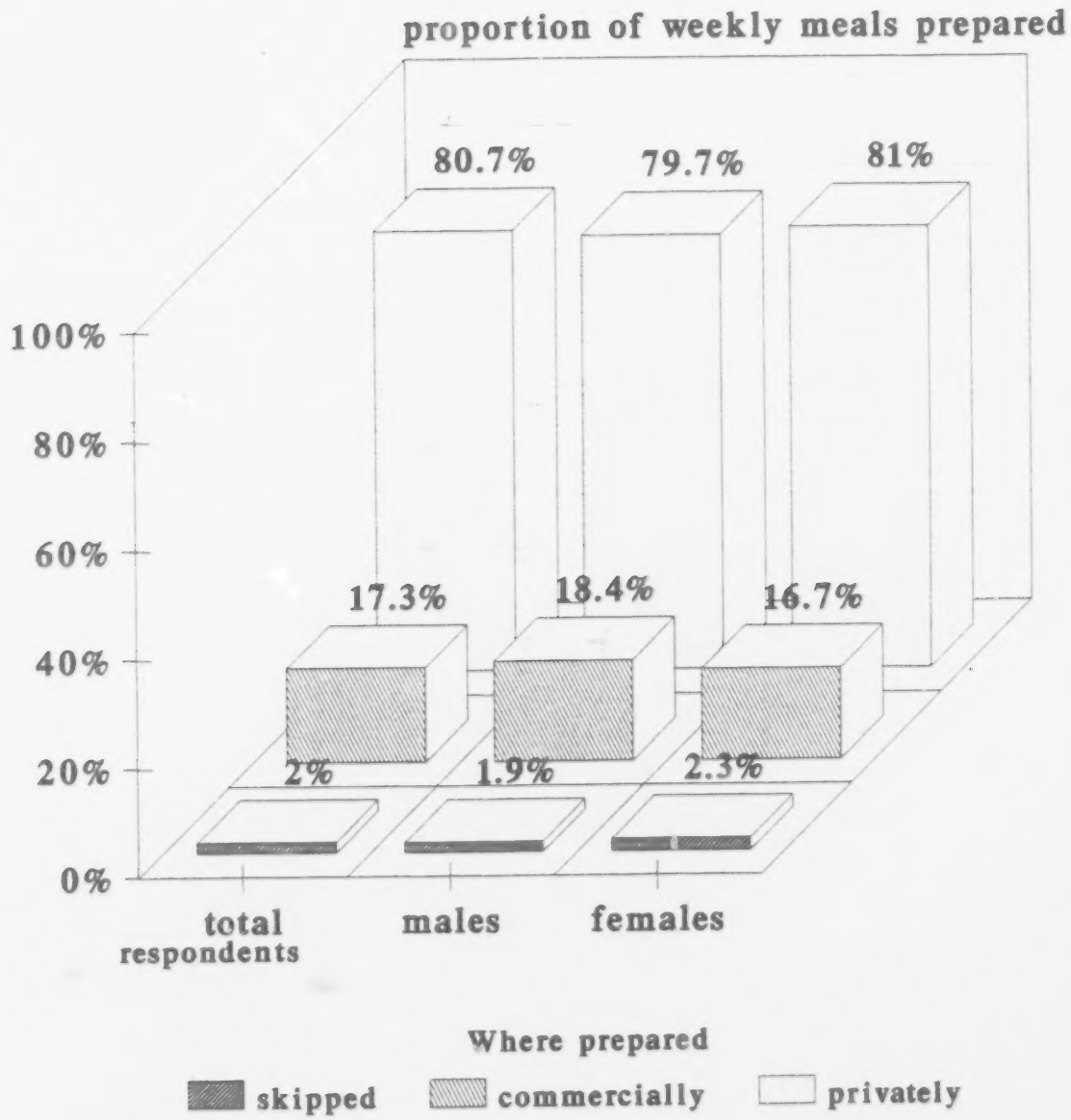
- Individuals of Hispanic origin ate out for dinner more than either whites or blacks--1.3 times a week compared with 1.2 times and 0.9 times, respectively.

Distribution of dinner preparation by site
for one week period
(All respondents)

Number of times	Percent responding..... Privately prepared	Commercially prepared	Skipped
0	2.6%	46.5%	93.7%
1	1.2	20.4	3.2
2	2.9	16.6	1.3
3	4.0	8.2	0.7
4	8.6	3.4	0.3
5	16.6	2.3	0.3
6	19.9	0.9	0.0
7	44.2	1.7	0.5
At least once	97.4%	53.5%	6.3%
Average number of meals in one week	5.7	1.2	0.1

Note: Components may not add to total due rounding

Breakdown of dinner by preparation site and sex



Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of dinner preparation site for one week period by age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	99.1%	99.5%	46.8%	44.4%	1.4%	1.2%
13 to 17	98.8	99.4	46.6	53.0	3.5	2.6
18 to 24	93.5	94.3	59.7	59.8	10.5	10.3
25 to 34	97.5	98.1	60.4	57.6	7.9	10.1
35 to 44	97.6	98.2	57.2	57.6	7.3	9.0
45 to 54	96.2	97.1	59.9	56.6	6.9	7.1
55 to 64	96.9	97.9	56.2	54.0	5.7	5.1
65 and over	96.6	96.8	48.2	41.1	2.8	3.7
All males	97.1%		55.3%		6.1%	
All females		97.7%		53.4%		6.8%
All respondents	97.4%		53.5%		6.3%	

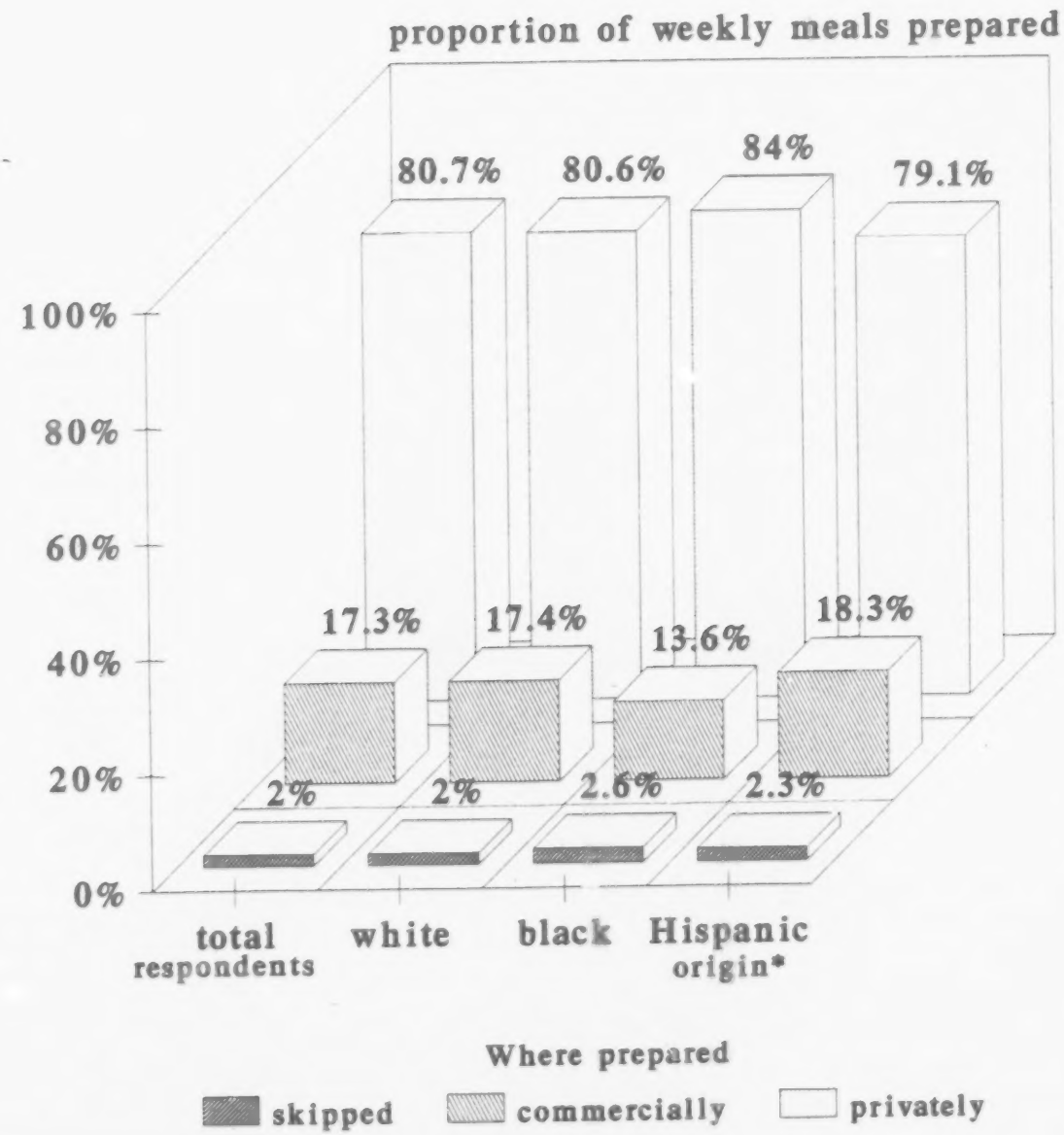
*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

Average number of dinners consumed in one week by preparation site, age and sex

	Privately prepared		Commercially prepared		Skipped	
	Males	Females	Males	Females	Males	Females
under 13	6.1	6.2	0.8	0.8	0.0	0.0
13 to 17	5.9	5.9	1.0	1.1	0.1	0.1
18 to 24	5.0	5.1	1.7	1.6	0.3	0.2
25 to 34	5.4	5.6	1.4	1.2	0.2	0.2
35 to 44	5.6	5.6	1.3	1.2	0.2	0.2
45 to 54	5.4	5.6	1.4	1.3	0.2	0.2
55 to 64	5.6	5.7	1.3	1.2	0.1	0.1
65 and over	5.8	6.0	1.1	0.9	0.1	0.1
All males	5.6		1.3		0.1	
All females		5.7		1.2		0.2
All respondents	5.7		1.2		0.1	

Note: Components may not add to total due to rounding

Breakdown of dinner by preparation site and race



Respondents of Hispanic origin may be of any race

Source: National Restaurant Association, *Meal Consumption Behavior*, 1991

Distribution* of dinner preparation site for one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	97.2%	36.6%	6.2%
$15,000-24,999	97.5	49.2	6.5
$25,000-34,999	97.3	55.2	6.5
$35,000-$44,999	97.8	59.9	5.5
$45,000-59,999	97.1	60.0	6.5
$60,000-74,999	98.1	65.7	6.0
$75,000 and over	97.0	69.2	6.9
Household size			
One person	95.5%	51.5%	11.3%
Two people	97.0	56.3	6.2
Three people	97.6	57.1	7.1
Four people	98.0	55.5	4.8
Five or more people	98.3	44.3	4.1
Employment status of female household head			
Female employed	97.3%	57.8%	7.2%
Female not employed	98.2	46.0	3.9
Race			
White	97.5%	54.4%	6.2%
Black	97.3	35.1	6.0
Hispanic origin**	97.1	53.6	6.7

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

Average number of dinners eaten in one week period by household characteristics of respondents

	Privately prepared	Commercially prepared	Skipped
Household income			
under $15,000	6.0	0.8	0.2
$15,000-24,999	5.8	1.1	0.2
$25,000-34,999	5.6	1.2	0.2
$35,000-$44,999	5.6	1.3	0.1
$45,000-59,999	5.5	1.4	0.1
$60,000-74,999	5.4	1.5	0.1
$75,000 and over	5.2	1.7	0.1
Household size			
One person	5.4	1.4	0.3
Two people	5.5	1.3	0.2
Three people	5.6	1.3	0.2
Four people	5.7	1.2	0.1
Five or more people	6.0	0.9	0.1
Employment status of female household head			
Female employed	5.5	1.3	0.2
Female not employed	5.9	1.0	0.1
Race			
White	5.6	1.2	0.1
Black	5.9	0.9	0.2
Hispanic origin**	5.5	1.3	0.2

*Proportion of respondents reporting consuming or skipping breakfast at least once in a week

**Individuals of Hispanic origin may be of any race

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Section 7: Appendix

ABOUT MEALS

1a. Please indicate the sex and age of the 5 oldest household members living at home whose age is 8 years or over.

1b. Thinking of the last 7 days, write in the NUMBER OF MEALS for each household member that were prepared PRIVATELY AT HOME OR AT A FRIEND'S HOME and those meals prepared COMMERCIALLY IN A RESTAURANT, SCHOOL OR WORK CAFETERIA. (The total number for each type of meal for each household member must equal 7)

	1st Member	2nd Member	3rd Member	4th Member	5th Member
	M☐1 F☐2	M☐1 F☐2	M☐1 F☐2	M☐1 F☐2	M☐1 F☐2
	Age_____	Age_____	Age_____	Age_____	Age_____
Breakfast Was Prepared					
Privately	#_____	#_____	#_____	#_____	#_____
Commercially	#_____	#_____	#_____	#_____	#_____
Skipped Breakfast	#_____	#_____	#_____	#_____	#_____
Total =	7	7	7	7	7
Lunch Was Prepared					
Privately	#_____	#_____	#_____	#_____	#_____
Commercially	#_____	#_____	#_____	#_____	#_____
Skipped Lunch	#_____	#_____	#_____	#_____	#_____
Total =	7	7	7	7	7
Dinner Was Prepared					
Privately	#_____	#_____	#_____	#_____	#_____
Commercially	#_____	#_____	#_____	#_____	#_____
Skipped Dinner	#_____	#_____	#_____	#_____	#_____
Total =	7	7	7	7	7

(10-22)

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